



Y of Central Maryland  
It's deeper here.®

## Dancel Family Center Y Summer Warm Pool Schedule: 6/23/2014-8/17/2014

IND. LESSONs should be taught by Y staff only. If an ind. lesson lane is not being used for a lesson, it will become a lap lane.

\* There will be lessons in the shallow end of the pool and aquawalk in the deep end of the pool.

(S) Shallow  
(D) Deep

**Children 7 and under must be accompanied by an adult in the water**

**Children 10 and under are not permitted in the pool without parental supervision**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NOTE:</b> The pool area always closes 15 minutes prior to center closing.	LAP (1)/REC (1) WALK (2) (5:30-9:00)	LAP (1)/REC (1) WALK (2) (5:30-9:00)	LAP (1)/REC (1) WALK (2) (5:30-9:00)	LAP (1)/REC (1) WALK (2) (5:30-9:00)	LAP (1)/REC (1) WALK (2) (5:30-9:00)	
	WATER FITNESS (4) (9:00-9:45)	WATER FITNESS (4) (9:00-9:45)	WATER FITNESS (4) (9:00-9:45)	WATER FITNESS (4) (9:00-9:45)	WATER FITNESS (4) (9:00-9:45)	ADT LAP (2) WALK (2) (7:00-8:50)
	LAP (2)/WALK(1) LESSONS (2) (9:45-11:30)	LAP (2) [TOTS: 11:30-12:00] LESSONS/WALK (2)* (9:45-12:00)	LAP (2) LESSONS/WALK (2)* (9:45-12:00)	LAP (1) [TOTS: 11:30-12:00] LESSONS/WALK (3)* (9:45-12:00)	LAP (2) LESSONS/WALK (2)* (9:45-12:00)	LESSONS (4) (9:00-1:40)
ADT LAP (2) IND. LESSON (1) WALK (1) (9:00-9:50)	LAP (2) [TOTS: 11:30-12:00] REC (2) (11:30-12:45)	LAP (2) REC (2) (12:00-1:00)	LAP (2) [TOTS: 11:30-12:00] REC (2) (12:00-12:45)	LAP (2) REC (2) (12:00-1:00)	LAP (2) [TOTS: 11:30-12:00] REC (2) (12:00-12:45)	
LESSONS (4) (9:50-1:40)	ARTHRITIS (4) (12:45-2:30)	ARTHRITIS (4) (1:00-1:45)	ARTHRITIS (4) (12:45-2:30)	ARTHRITIS (4) (1:00-1:45)	ARTHRITIS (4) (12:45-2:30)	
LAP (1) IND. LESSON (1) REC (2) (1:45-3:30)	LAP (1) IND. LESSON (1) REC (2) (2:30-4:00)	WALK (1) LAP(1) REC (2) (1:45-3:45)	LAP (1) IND. LESSON (1) REC (2) (2:30-3:45)	WALK (1) LAP(1) REC (2) (1:45-4:00)	LAP (1) WALK (1) REC (2) (2:30-4:00)	LAP (1) IND. LESSON (1) REC (2) (1:45-3:30)
BIRTHDAY PARTY (4) OR LAP (1) REC (3)* (3:30-4:45)	LAP (1) WALK (1) REC (2) 4:00-4:30 LESSONS (2) 4:30-5:15 (4:00-5:40)	LESSONS(2) REC (2) (3:45-4:30) (3:45-5:15)	LAP (1)/WALK(1) REC (2) (3:45-4:30) (3:45-5:40)	LAP (2) LESSONS(2) REC (2) (3:45-4:30) (3:45-5:15)	LAP (1) LESSONS (3) (4:00-6:00)	BIRTHDAY PARTY (4) OR LAP (1) REC (3)* (3:30-4:45)
LAP (1) REC (3)* (4:45-6:45)	SWIM TEAM (3) LAP (1) (5:40-6:40)	LESSONS (1) (5:15-6:15)	SWIM TEAM (3) LESSONS (1) (5:40-6:40)	REC (1) (5:15-6:15)	LAP (2) REC (2) (6:00-7:45)	LAP (1) REC (3)* (4:45-6:45)
*Portion of the rec area will be used for Individual lessons as needed.	ARTHRITIS (4) (6:45-7:45)	ARTHRITIS (4) (6:15-7:00)	ARTHRITIS (4) (6:45-7:45)	ARTHRITIS (4) (6:15-7:00)		
	WF CHALLENGE (4) (7:45-8:45)	WATER FITNESS (4) (7:00-7:45)	WF CHALLENGE (4) (7:45-8:45)	WATER FITNESS (4) (7:00-7:45)		
	LAP (2) REC (2) (8:45-9:45)	ADT LAP (1) IND. LESSON (1) REC (2) (7:45-9:45)	LAP (1) IND. LESSON (1) REC (2) (8:45-9:45)	ADT LAP (1) IND. LESSON (1) REC (2) (7:45-9:45)	REC (3) LAP (1) (7:45-9:45)	
<b>SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE</b>						*Portion of the rec area will be used for Individual lessons as needed.