



Y of Central Maryland
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Hill Family Center Y Pool Schedule Summer Session 6/23/2014 - 8/16/2014

- Children 7 and under must be accompanied by an adult into the water
- Children 8-10 are not permitted in the pool area without parental supervision

• 1 lane will be available for lap swim unless otherwise noted

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		Lap Swim 5:30 - 8:00 <i>(6 lap lanes)</i>	Masters Swim 6:00 - 7:30 <i>(1 lap lane)</i>	Lap Swim 5:30 - 8:00 <i>(6 lap lanes)</i>	Masters Swim 6:00 - 7:30 <i>(1 lap lane)</i>	Lap Swim 5:30 - 8:00 <i>(6 lap lanes)</i>	Rec Swim 7:00 - 8:30 <i>(3 lap lanes)</i>
7:00 AM							
8:00 AM		Water Walking 8:00 - 8:45 <i>(2 lap lanes)</i>	Swim Fit 8:00 - 9:00 <i>(2 lap lanes)</i>	Water Walking 8:00 - 8:45 <i>(2 lap lanes)</i>	Swim Fit 8:00 - 9:00 <i>(2 lap lanes)</i>	Water Walking 8:00 - 8:45 <i>(2 lap lanes)</i>	
9:00 AM	Lap Swim 9:00-10:00 <i>(4 lap lanes)</i>	Water Fitness 8:45 - 9:45 <i>(2 lap lanes)</i>	Deep Water Jog 9:00 - 9:45 <i>(2 lap lanes)</i>	Water Fitness 8:45 - 9:45 <i>(2 lap lanes)</i>	Deep Water Jog 9:00 - 9:45 <i>(2 lap lanes)</i>	Water Fitness 8:45 - 9:45 <i>(2 lap lanes)</i>	Swim Lessons 9:30-10:30 <i>(2 lap lanes)</i>
10:00 AM	Rec Swim 10:00-6:45 <i>(3 lap lanes)</i>	Swim Lessons 10:00 - 11:15 <i>(2 lap lanes)</i>	Swim Lessons 10:00 - 11:15 <i>(2 lap lanes)</i>	Swim Lessons 10:00 - 11:15 <i>(2 lap lanes)</i>	Swim Lessons 10:00 - 11:15 <i>(2 lap lanes)</i>	Swim Lessons 10:00 - 11:00 <i>(2 lap lanes)</i>	Rec Swim 10:30 - 6:45 <i>(3 lap lanes)</i>
11:00 AM		Water Fitness 11:30 - 12:30 <i>(2 lap lanes)</i>	Water Fitness 11:30 - 12:30 <i>(2 lap lanes)</i>	Water Fitness 11:30 - 12:30 <i>(2 lap lanes)</i>	Water Fitness 11:30 - 12:30 <i>(2 lap lanes)</i>		
12:00 PM		Rec Swim 12:30 - 5:30 <i>(2 lap lanes)</i>	Rec Swim 12:30 - 6:00 <i>(2 lap lanes)</i>	Rec Swim 12:30 - 5:30 <i>(2 lap lanes)</i>	Rec Swim 12:30 - 6:00 <i>(2 lap lanes)</i>	Rec Swim 12:30 - 6:00 <i>(2 lap lanes)</i>	
1:00 PM							
2:00 PM		Camp 12:45-3:30	Camp 12:45-3:30	Camp 12:45-3:30	Camp 12:45-3:30	Camp 11:30-3:30	
3:00 PM							
4:00 PM							
5:00 PM		Swim Lessons 3:45-5:30	Swim Lessons 3:45-5:30	Swim Lessons 3:45-5:30	Swim Lessons 3:45-5:30		
6:00 PM		Rec Swim 3:30-7:00	Swim Lessons 6:00 - 7:15 <i>(1 lap lane)</i>	Rec Swim 3:30-7:00	Swim Lessons 6:00 - 7:15 <i>(1 lap lane)</i>	Swim Lessons 6:00 - 7:30 <i>(1 lap lane)</i>	
7:00 PM	NOTE: A maximum of five (5) swimmers can be in a lap lane at one time.	Water Fitness 7:00 - 8:00 <i>(2 lap lanes)</i>		Water Fitness 7:00 - 8:00 <i>(2 lap lanes)</i>			NOTE: The pool area always closes 15 minutes prior to center closing
8:00 PM		Rec Swim 8:00 - 9:45 <i>(3 lap lanes)</i>	Rec Swim 7:15 - 9:45 <i>(3 lap lanes)</i>	Rec Swim 8:00 - 9:45 <i>(3 lap lanes)</i>	Rec Swim 7:15 - 9:45 <i>(3 lap lanes)</i>	Rec Swim 7:30 - 9:45 <i>(3 lap lanes)</i>	
9:00 PM							
SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE							
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