



Y of Central Maryland
It's deeper here.®

Dancel Family Center Y

Spring II Warm Pool Schedule: 4/27/2014 - 6/22/2014

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
NOTE: 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) LESSONS/WALK (2)* (9:45-11:30)	LAP (2) [TOTS: 11:30-12:00] LESSONS/WALK (2)* (9:45-12:00)	LAP (2) LESSONS/WALK (2)* (9:45-11:30)	LAP (1) [TOTS: 11:30-12:00] LESSONS/WALK (3)* (9:45-12:00)	LAP (2) LESSONS/WALK (2)* (9:45-11:30)	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) (11:30-12:45)	LAP (2) REC (2) (12:00-1:00)	LAP (2) [TOTS: 11:30-12:00] REC (2) (11:30-12:45)	
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) LESSONS (2-S) REC (2-D) (4:00-5:40)	LAP (2) IND. LESSON (1) LESSONS (1) (3:45-5:15)	LAP (2) WALK (1) LESSONS (1) (3:45-5:40)	LAP (3) IND. LESSON (1) (4:00-5:15)	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)	SWIM TEAM (3) 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)	
SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE						*Portion of the rec area will be used for Individual lessons as needed.