

**NORTHWEST FAMILY YMCA
SUMMER SESSION
25 YARD POOL SCHEDULE
June 29- AUGUST 30, 2009**

MONDAY	
5:15-6:55am	Lap 4/ Water Walking 2
7:00-7:30am	Lap 1/Water Fitness 5
7:00-9:55am	Water Fitness for Health
10:00am-11:00	Family 2/Lap 4
11:00am-Noon	Family 2/Lap 2/Sports Camp 2
Noon-1:00pm	Lap 3/Water Walking 3
1:00-3:30pm	Lap 3/Family 3
3:30-5:00pm	Lap 2/Swim Team 4
5:00-5:55pm	Lap 4/Water Walking 2
6:00-6:30pm	Family 2/Classes 3/ Lap1
6:30-8:00pm	Lap 2/ Classes 4
8:00-8:50pm	Water Fitness
9:00-10:00pm	Lap 4/Water Walking 2

THURSDAY	
5:15-7:55am	Lap 4/ Water Walking 2
8:00-9:55am	Water Fitness for Health
10:00-11:00am	Family 2/Lap 4
11:00-Noon	Family 2/Lap 2/Sports Camp 2
Noon-1:00pm	Lap 3/Water Walking 3
1:00-3:30pm	Lap 3/ Family 3
3:30-5:00pm	Swim Team 4/Lap 2
5:00-5:55pm	Lap 4/Water Walking 2
6:00-6:30pm	Family 2/Classes 4
6:30-7:30pm	Classes
7:30-7:55pm	Family 3/Lap 3
8:00-8:50pm	Water Fitness
9:00-10:00pm	Lap 4/Water Walking 2

TUESDAY	
5:15-7:55am	Lap 4/ Water Walking 2
8:00-9:55am	Water Fitness for Health
10:00-11:00am	Family 2/Lap 4
11:00-Noon	Family 2/Lap 2/Sports Camp 2
Noon-2:00pm	Lap 3/Water Walking 3
2:00-3:00pm	Class 2/Lap 2 / Family 2
3:00-3:30pm	Lap 3/ Family 3
3:30-5:00pm	Swim Team 4/Lap 2
5:00-5:55pm	Lap 4/ Water Walking 2
6:00-6:30pm	Family 2/ Classes 4
6:30-7:30pm	Classes
7:30-7:55pm	Family 3/Lap 3
8:00-8:50pm	Water Fitness
9:00-10:00pm	Lap 4/Water Walking 2

FRIDAY	
5:15-6:55am	Lap 4/ Water Walking 2
7:00-7:30am	Lap 1/Water Fitness 5
7:30-9:55am	Water Fitness for Health
10:00-11:00am	Family 2/ Lap 4
11:00-Noon	Family 2/Lap 2/Sports Camp 2
Noon-1:00pm	Lap 3/Water Walking 3
1:00-3:30pm	Lap 3/Family 3
3:30-5:00pm	Swim Team 6
5:00-5:30pm	Swim Team 4/ Lap 2
5:30-6:30pm	Lap 4/Water Walking 2
6:45-8:45pm	Aqua Fun/Family Swim
9:00-10:00pm	Lap 4/Water Walking 2

WEDNESDAY	
5:15-6:55am	Lap 4/ Water Walking 2
7:00-7:30am	Lap 1/Water Fitness 5
7:00-9:55am	Water Fitness for Health
10:00am-11:00	Family 2/Lap 4
11:00am-Noon	Family 2/Lap 2/Sports Camp 2
Noon-1:00pm	Lap 3/Water Walking 3
1:00-3:30pm	Lap 3/Family 3
3:30-5:00pm	Lap 2/Swim Team 4
5:00-5:55pm	Lap 4/Water Walking 2
6:00-6:30pm	Family 2/Classes 3/ Lap1
6:30-8:00pm	Lap 2/ Classes 4
8:00-8:50pm	Water Fitness
9:00-10:00pm	Lap 4/Water Walking 2

SATURDAY	
6:30-8:55am	Lap 4/Water Walking 2
9:00-9:30am	Classes 4/Water Walking 2
9:30am-Noon	Classes Only
Noon-1:30pm	Lap 4/Water Walking 2
1:45-4:45pm	Aqua Fun/Family Swim
5:00-6:45pm	Lap 4/Water Walking 2

SUNDAY		YMCA OPENS AT 8:00AM
8:00am-1:30pm	Lap 4/ Water Walking 2	
1:45-4:45pm	Aqua Fun/Family Swim	
5:00-6:45pm	Lap 4/Water Walking 2	

LAP: SWIMMERS MUST BE 13 OR OLDER.

WATER WALK/LAP: LANES 5 & 6 ARE FOR WATER WALKERS ONLY **AGES 13 AND UP.**

AQUA FUN: THE INFLATABLE POOL TOY IS IN ON FRIDAYS, SATURDAYS & SUNDAYS. NO LAP LANES AVAILABLE. THE NUMBERS ON THE SCHEDULE INDICATES HOW MANY LANES ARE OPEN FOR ACTIVITY.

WHEN YOU ENTER A LANE TO LAP SWIM, PLEASE LET THE OTHER SWIMMERS KNOW YOU ARE THERE!

IF THERE ARE MORE THAN 2 IN A LANE, YOU MUST CIRCLE SWIM.

SWIMMING LESSON/RECREATION SWIM GUIDELINES: CHILDREN ARE NOT ALLOWED TO WEAR LIFE JACKETS OR SWIMMIES IN THE POOL. WE HAVE BUBBLES ON HAND IF NEEDED. CHILDREN AGE 6 AND YOUNGER OR ANY CHILD WEARING A BUBBLE MUST BE ACCOMPANIED BY A SWIMMING ADULT(OVER 18) DURING RECREATIONAL SWIM.

MAY NOT SWIM IN THE DEEP END UNLESS DURING A LESSON OR OLDER).CHILDREN WEARING A BUBBLE PROPER SWIMSUIT ATTIRE IS REQUIRED. NO STREET CLOTHES, CUT OFFS, HALTER TOPS, ETC.

PROGRAMS AND SCHEDULES MAY CHANGE WITHOUT NOTICE.

Revised 05/29/2009