



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FAMILY POOL SCHEDULE

## ANN ARBOR YMCA – WINTER 2012

Valid January 08 – February 25

**The lifeguard has the authority to change this schedule to accommodate all activities.**

Multiple activities are often scheduled in this pool at the same time.

### Children/Supervision

Children under 6 and children who are non-swimmers must be accompanied by an adult in the water who is within arms reach at all times while in either pool.

### Free Swim Testing

Free swim testing is held Tues, Wed and Thurs between 5:30-6pm. The testing will take less than 5 minutes. No appointment necessary. If your child is under the age of 6 or is a non-swimmer, please come prepared to enter the water during this assessment to assist your child if needed.

### General Information

The family pool is a zero depth entry pool kept at approximately 90 degrees. Please shower prior to entering the pool.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30-9:15 Open Swim	6:30-9:00 Open Swim	6:30-4:15 Open Swim	6:30-9:00 Open Swim	6:30-10:30 Open Swim	7:00-8:30 Open Swim	7:00-7:00 Open Swim
	9:15-10:30 Swim Lessons (deep end) Open Swim (shallow end)	9:15-10:00 AOA (deep end) Open Swim (shallow end)	4:15-6:45 Swim Lessons (deep end) Open Swim (shallow end)	9:15-10:00 AOA (deep end) Open Swim (shallow end)	10:30-11:30 Arthritis Exercise (deep end) Open Swim (shallow end)	8:30-12:15 Swim Lessons	
	10:30-11:30 Arthritis Exercise (deep end) Open Swim (shallow end)	10:00-11:00 Child Care (deep end) Open Swim (shallow end)	6:45-10:00 Open Swim	10:00-11:00 Child Care (deep end) Open Swim (shallow end)	11:30-12:30 Open Swim	12:15-7:00 Open Swim	
	11:30-4:15 Open Swim	11:00-11:30 Swim Lessons (deep end) Open Swim (shallow end)		11:00-11:30 Swim Lessons (deep end) Open Swim (shallow end)	12:30-1:30 LiveSTRONG (deep end) Open Swim (shallow end)		
	4:15-6:45 Swim Lessons (deep end) Open Swim (shallow end)	11:30-4:15 Open Swim		11:30-4:15 Open Swim	1:30-4:30 Swim Lessons (deep end) Open Swim (shallow end)		
	6:45-10:00 Open Swim	4:15-6:45 Swim Lessons (deep end) Open Swim (shallow end)		4:15-6:45 Swim Lessons (deep end) Open Swim (shallow end)	4:30-5:30 SAAC/TASP (deep end) Open Swim (shallow end)		
		6:45-10:00 Open Swim		6:45-10:00 Open Swim	5:30-10:00 Open Swim		

### Ann Arbor YMCA

400 West Washington Street, Ann Arbor, MI 48103

P 734 996 9622 F 734 661 8060 [www.annarborymca.org](http://www.annarborymca.org)



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# LAP POOL SCHEDULE

**ANN ARBOR YMCA – WINTER 2012**

*Valid January 08 – February 25*

*The lifeguard has the authority to change this schedule to accommodate all activities.*

Multiple activities are often scheduled in this pool at the same time.

**Lap Swimming Tips**

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool.

**Lap Swimming**

During scheduled "Circle Swimming" times, circle swimming is required. During scheduled "Open Swim" times, if there are 1 or 2 swimmers in a lane, "circle" swimming is highly encouraged. The entrance of a third person immediately changes the lane to "circle swimming" format.

**Speed**

Please try to choose a lane with swimmers that most nearly match your speed.

**General Information**

The lap pool is a 6 lane, 25 yard pool kept at an average of 82 degrees. Please shower prior to entering the pool.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>5:30-7:30</b> Circle Swim (all lanes)	<b>5:30-7:30</b> Circle Swim (all lanes)	<b>5:30-7:30</b> Circle Swim (all lanes)	<b>5:30-7:30</b> Circle Swim (all lanes)	<b>5:30-7:30</b> Circle Swim (all lanes)	<b>7:00-9:00</b> Circle Swim (all lanes)	<b>7:00-10:00</b> Open Lap Swim (all lanes)
	<b>7:30-9:15</b> Open Swim (all lanes)	<b>7:30-9:00</b> Open Swim (all lanes)	<b>7:30-9:15</b> Open Swim (all lanes)	<b>7:30-9:00</b> Open Swim (all lanes)	<b>7:30-9:15</b> Open Swim (all lanes)	<b>9:00-12:15</b> Swim Lessons (4 lanes) Circle Swim (2 lanes)	<b>10:00-2:00</b> Circle Swim (4 lanes) Open Swim (2 lanes)
	<b>9:15-10:30</b> Aqua Aerobics (4 lanes) Circle Swim (2 lanes)	<b>9:00-11:00</b> Aqua Fit (4 lanes) Circle Swim (2 lanes)	<b>9:15-10:30</b> Aqua Aerobics (4 lanes) Circle Swim (2 lanes)	<b>9:00-10:00</b> Aqua Fit (4 lanes) Circle Swim (2 lanes)	<b>9:15-10:30</b> Aqua Aerobics (4 lanes) Circle Swim (2 lanes)	<b>12:15-7:00</b> Open Swim (all lanes)	<b>2:00-7:00</b> Open Swim (all lanes)
	<b>10:30-4:15</b> Open Swim (all lanes)	<b>11:00-4:15</b> Open Swim (all lanes)	<b>10:30-4:15</b> Open Swim (all lanes)	<b>10:00-4:15</b> Open Swim (all lanes)	<b>10:30-1:30</b> Open Swim (all lanes)		
	<b>4:15-6:45</b> Swim Lessons (4 lanes) Circle Swim (2 lanes)	<b>4:15-6:45</b> Swim Lessons (4 lanes) Circle Swim (2 lanes)	<b>4:15-6:45</b> Swim Lessons (4 lanes) Circle Swim (2 lanes)	<b>4:15-6:45</b> Swim Lessons (4 lanes) Circle Swim (2 lanes)	<b>1:30-4:15</b> Swim Lessons (2 lanes) Circle Swim (4 lanes)		
	<b>6:45-8:15</b> Barracudas (4 lanes) Circle Swim (2 lanes)	<b>6:45-8:15</b> Barracudas (4 lanes) Circle Swim (2 lanes)	<b>6:45-8:15</b> Barracudas (4 lanes) Circle Swim (2 lanes)	<b>6:45-8:15</b> Barracudas (4 lanes) Circle Swim (2 lanes)	<b>4:15-6:45</b> Swim Lessons (4 lanes) Circle Swim (2 lanes)		
	<b>8:15-10:00</b> Open Swim (all lanes)	<b>8:15-10:00</b> Open Swim (all lanes)	<b>8:15-10:00</b> Open Swim (all lanes)	<b>8:15-10:00</b> Open Swim (all lanes)	<b>6:45-8:15</b> Barracudas (4 lanes) Circle Swim (2 lanes)		
					<b>8:15-10:00</b> Open Swim (all lanes)		

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