



# ANN ARBOR YMCA LAP POOL SCHEDULE

**WINTER 2017: JANUARY 9TH– FEBRUARY 26TH**  
 UPDATED 1/27/2017

**Building Hours**  
 Mon. – Fri 5:30am–10pm  
 Saturday 7am–7pm  
 Sunday 7am–7pm

**Child Watch Hours**  
 Mon. – Fri 8am–1:30pm  
 Mon. – Fri 3–8pm  
 Saturday 9am–2pm  
 Sunday 10am–2pm

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>5:30–6:30am</b> Lap Swim	<b>5:30–10:00am</b> Lap Swim	<b>5:30–6:30am</b> Lap Swim	<b>5:30–10:00am</b> Lap Swim	<b>5:30–9:10am</b> Lap Swim	<b>7:00–8:15am</b> Lap Swim
<b>6:30–7:30am</b> Masters (2 Lanes) Lap Swim (4 Lanes)	<b>10:00am–11:00a</b> Swim Lessons (2 Lanes) Lap Swim (4 lanes)	<b>6:30–7:30am</b> Masters (2 Lanes) Lap Swim (4 Lanes)	<b>10:00am–11:00a</b> Swim Lessons (2 Lanes) Lap Swim (4 lanes)	<b>6:30–7:30am</b> Masters (2 Lanes) Lap Swim (4 Lanes)	<b>8:15–9:00am</b> Swim Lessons (2 lanes) Lap Swim (4 Lanes)
<b>7:30–9:10am</b> Lap Swim (6 Lanes)	<b>10:00am–4:30pm</b> Lap Swim (6 lanes)	<b>7:30–9:10am</b> Lap Swim (6 Lanes)	<b>10:00am–4:30pm</b> Lap Swim (6 lanes)	<b>7:30–9:10am</b> Lap Swim (6 Lanes)	<b>9:00am–1:00pm</b> Swim Lessons (4 Lanes) Lap Swim (2 Lane)
<b>9:15–10:30am</b> Aqua Aerobics (4 lanes) Lap Swim (2 Lanes)	<b>4:30–6:15pm</b> Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>9:15–10:30am</b> Aqua Aerobics (4 lanes) Lap Swim (2 Lanes)	<b>4:30–6:15pm</b> Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>9:15–10:30am</b> Aqua Aerobics (4 lanes) Lap Swim (2 Lanes)	<b>1:00–7:00pm</b> Lap Swim (5 lanes) <b>Family swim</b> <b>(1 lane)</b>
<b>10:30am–4:30pm</b> Lap Swim (6 lanes)		<b>10:30am–4:30pm</b> Lap Swim (6 lanes)		<b>10:30am–3:30pm</b> Lap Swim (6 Lanes)	
<b>4:30–6:15pm</b> Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>6:15–7:30pm</b> Swim Team/ Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>4:30–6:15pm</b> Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>6:15–7:30pm</b> Swim Team/Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>3:30–6:15pm</b> Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>Sunday</b> <b>7:00am–2:00pm</b> Lap Swim
<b>6:15–7:30pm</b> Swim Team/ Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>7:30–8:30pm</b> Team/Lessons (3 Lanes) Lap Swim (3 Lanes)	<b>6:15–7:30pm</b> Swim Team/Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>7:30–8:30pm</b> Team/Lessons (3 Lanes) Lap Swim (3 Lanes)	<b>6:15–7:30pm</b> Lap Swim (6 Lanes)	<b>2:00–3:00 pm</b> Synchro (2 Lanes) Lap Swim (4 Lanes)
<b>7:30–8:30pm</b> Team/Lessons (3 Lanes) Lap Swim (3 Lanes)		<b>7:30–8:30pm</b> Team/Lessons (3 Lanes) Lap Swim (3 Lanes)		<b>7:30–8:30pm</b> Synchro class (3 lanes) Lap Swim (3 lanes)	<b>3:00–5:00pm</b> Family Swim (Shallow End) Synchro (Deep End)
<b>8:00–10:00pm</b> Lap Swim	<b>8:00–10:00pm</b> Lap Swim	<b>8:00–10:00pm</b> Lap Swim	<b>8:00–10:00pm</b> Lap Swim	<b>8:30pm–10:00pm</b> Lap Swim	<b>NO LAP SWIM 3–5p</b>
					<b>5:00–7:00pm</b> Lap Swim

## Lap Swim Etiquette

**CARING–** For everyone’s safety: We request that upon entering an occupied lane, please make sure the other swimmer(s) are aware that you will be sharing the space.

**HONESTY–** Choose the lane that best fits your swimming ability and speed before entering the water.

**RESPECT–** Be patient and respectful of others.

**RESPONSIBILITY–** Circle swim (counter clockwise) when there are more than two swimmers per lane.

Enjoy your workout!! When we work together, lap swimming can be a wonderful and rewarding experience for all.

### Private lessons/ Lifeguard Training

We reserve the right to conduct private lessons, lifeguard training and safety drills at any time.

### Family Swim/ Swim time for children who have passed the swim test:

On Fridays, Saturdays and Sundays we will offer areas for family swim/ and children who have passed the swim test in the LAP POOL. Please check the schedule to see specific times and space available.