



# ANN ARBOR YMCA LAP POOL SCHEDULE

FALL 2017: OCTOBER 23RD– DECEMBER 17TH  
 UPDATED 10/25/2017

**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>5:30-9:10am</b> Lap Swim	<b>5:30-10:00am</b> Lap Swim	<b>5:30-9:10am</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>9:15-10:30am</b> Aqua Aerobics (4 lanes) Lap Swim (2 lanes)	<b>10:00-11:00am</b> Lessons (2 Lanes) Lap Swim (4 lanes)	<b>9:15-10:30am</b> Aqua Aerobics (4 lanes) Lap Swim (2 Lanes)	<b>10:00-11:00am</b> Lessons (2 Lanes) Lap Swim (4 lanes)	<b>9:15-10:30am</b> Aqua Aerobics (4 lanes) Lap Swim (2 Lanes)	<b>8:15-9:00am</b> Swim Lessons (2 lanes) Lap Swim (4 Lanes)
<b>10:30am-4:30pm</b> Lap Swim (6 lanes)	<b>11:00am-4:30pm</b> Lap Swim (6 lanes)	<b>10:30am-4:30pm</b> Lap Swim (6 lanes)	<b>11:00am-4:30pm</b> Lap Swim (6 lanes)	<b>10:30am-4:30pm</b> Lap Swim (6 Lanes)	<b>9:00am-1:00pm</b> Swim Lessons (4 Lanes) Lap Swim (2 Lane)
<b>4:30-6:15pm</b> Swim Lessons (3 Lanes) Lap Swim (3 Lanes)	<b>4:30-6:15pm</b> Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>4:30-6:15pm</b> Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>4:30-6:15pm</b> Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>4:30-7:30pm</b> Swim Lessons (3 Lanes) Lap Swim (3Lanes)	<b>1:00-6:45pm</b> Lap Swim (5 lanes) <b>Family swim</b> <b>(1 lane)</b>
<b>6:15-7:30pm</b> Swim Team/ Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>6:15-7:30pm</b> Swim Team/ Lessons (4 Lanes) Lap Swim(2 Lanes)	<b>6:15-7:30pm</b> Swim Team/Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>6:15-7:30pm</b> Swim Team/Lessons (4 Lanes) Lap Swim (2 Lanes)	<b>7:00-8:30pm</b> Synchro (3 lanes) Lap Swim (3 lanes)	<b>Sunday</b> <b>7:00am-2:00pm</b> Lap Swim
<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> Team/Lessons (3 Lanes) Lap Swim (3 Lanes)	<b>7:30-8:15pm</b> Swim Team/Lessons (3 Lanes) Lap Swim (3 Lanes)	<b>8:30pm-9:45pm</b> Lap Swim (6 Lanes)	<b>2:00-3:00 pm</b> Synchro (2 Lanes) Lap Swim (4 Lanes)
<b>8:00-9:45pm</b> Lap Swim	<b>8:00-9:45pm</b> Lap Swim	<b>8:00-9:45pm</b> Lap Swim	<b>8:15-9:45pm</b> Lap Swim		<b>3:00-5:00pm</b> Family Swim (Shallow End) Synchro (Deep End)
					<b>NO LAP SWIM 3-5p</b>
					<b>5:00-6:45pm</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 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.

Please note that the Ann Arbor YMCA pool area will close 15 minutes prior to the building closing. This will allow members more locker room time before the building closes each evening. We appreciate your cooperation to ensure the safety and security of every member, participant, and staff. We hope you enjoy your swim!