



ANN ARBOR YMCA LAP POOL SCHEDULE

BREAK WEEK 2018: JUNE 11-17
 UPDATED 6/8/2018

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