



# ANN ARBOR YMCA LAP POOL SCHEDULE

WINTER 1 2019: JANUARY 7 – FEBRUARY 24  
 UPDATED 1/11/2019

**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>5:30-9:10am</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>6:30-7:30am</b> Masters Swim (3 lanes) Lap Swim (3 lanes)	<b>10:00-11:00am</b> Lessons (1 Lanes) Lap Swim (5 lanes)	<b>9:15-10:30am</b> Aqua Aerobics (4 lanes) Lap Swim (2 Lanes)	<b>10:00-11:00am</b> WaterEx (3 lanes) Lap Swim (3 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>7:30-9:10am</b> Lap Swim	<b>11:00am-4:30pm</b> Lap Swim (6 lanes)	<b>10:30am-12:00pm</b> Lap Swim (6 lanes)	<b>11:00am-4:30pm</b> Lap Swim (6 lanes)	<b>10:30-11:30am</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>12:00-1:00pm</b> Masters Swim (3 lanes) Lap Swim (3 lanes)		<b>11:30am-1:00pm</b> AAPS (1 lane) Lap Swim (5 lanes)	<b>1:00-6:45pm</b> Lap Swim (5 lanes) <b>Family swim</b> <b>(1 lane)</b>
<b>10:30am-4:30pm</b> Lap Swim (6 lanes)		<b>1:00pm-4:30pm</b> Lap Swim (6 lanes)		<b>1:00-3:30pm</b> Lap Swim (6 lanes)	
<b>4:30-7:30pm</b> Swim Team/ Lessons (5 Lanes) Lap Swim (1 Lane)	<b>4:30-7:30pm</b> Swim Team/ Lessons (5 Lanes) Lap Swim (1 Lanes)	<b>4:30-7:30pm</b> Swim Team/ Lessons (5 Lanes) Lap Swim (1 Lanes)	<b>4:30-7:30pm</b> Swim Team/ Lessons (5 Lanes) Lap Swim (1 Lanes)	<b>3:30-5:00pm</b> Special Olympics (3 lane) Lap Swim (3 lanes)	<b>Sunday</b> <b>7:00am-4:30pm</b> Lap Swim
<b>7:45-8:45pm</b> Team/Lessons (3 lanes) Lap Swim (3 lanes)	<b>7:45-8:45pm</b> Team/Lessons (4 lanes) Lap Swim (2 lanes)	<b>7:45-8:45pm</b> Team/Lessons (3 lanes) Lap Swim (3 lanes)	<b>7:45-8:45pm</b> Team/Lessons (4 lanes) Lap Swim (2 lanes)	<b>5:15-6:15pm</b> Swim Team (4 lanes) Lap Swim (2 lanes)	<b>4:30-6:30 pm</b> Synchro (3 lanes) Lap Swim (3 lanes)
<b>8:45-9:45pm</b> Lap Swim	<b>8:45-9:45pm</b> Lap Swim	<b>8:45-9:45pm</b> Lap Swim	<b>8:45-9:45pm</b> Lap Swim	<b>6:15pm-9:45pm</b> Lap Swim	<b>6:30-6:45pm</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 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.

### Schedule changes:

Swim Instructor Training: Wednesday, February 13th (1 lane)