



ANN ARBOR YMCA LAP POOL SCHEDULE

SPRING 1 2019: FEBRUARY 25—APRIL 20
 UPDATED 2/22/2019

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

Schedule changes:

- Ann Arbor Fire Department Training: Thursday, February 28 7:30-10:00am — 2 lanes
- No Aquatics Programs: March 25-31
- Swim Instructor Training: Wednesday, April 10 — 1 lane
- Lifeguard Courses: TBA

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.