



# ANN ARBOR YMCA LAP POOL SCHEDULE

FALL 1 2019: SEPTEMBER 9 - OCTOBER 27  
 UPDATED 10/2/2019

**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 Lane) Lap Swim (5 lanes)	9:15-10:30am Aqua Aerobics (3 lanes) Lap Swim (3 Lanes)	10:00-11:00am WaterEx (3 lanes) Lap Swim (3 lanes)	9:15-10:30am Aqua Aerobics (3 lanes) Lap Swim (3 Lanes)	8:15-9:00am Swim Lessons (1 lanes) Lap Swim (5 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 (3 lanes) Lap Swim (3 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)	
4:30-8:00pm Team/Lessons (5 Lanes) Lap Swim (1 Lane)	4:30-8:00pm Team/Lessons (5 Lanes) Lap Swim (1 Lane)	4:30-8:00pm Team/Lessons (5 Lanes) Lap Swim (1 Lane)	4:30-8:00pm Team/Lessons (5 Lanes) Lap Swim (1 Lane)	3:30-5:00pm Special Olympics (3 lane) Lap Swim (3 lanes)	7:00am-6:45pm Lap Swim
6:15-7:45pm <b>NO LAP SWIM</b>	7:30-7:45pm <b>NO LAP SWIM</b>	8:00-9:45pm Lap Swim	8:00-9:45pm Lap Swim	5:00-6:00pm Swim Team (4 lanes) Lap Swim (2 lanes)	
8:00-9:45pm Lap Swim	8:00-9:45pm Lap Swim			8:45-9:45pm Lap Swim	

## Lap Swim Etiquette

**CARING-** For everyone's safety: We request that upon entering an occupied lane, you 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.

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

**Family Swim**  
 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.

**Lap Lane Availability:** There will be NO LAP LANES AVAILABLE from 6:15-7:45pm on Mondays or 7:30-7:45pm on Tuesdays this session. If possible, we will combine lanes at this time to make room, but it will not be guaranteed.

### Schedule Changes:

- October 16, 7:30-8:30pm: 1 additional lane will be reserved during this time.