



ANN ARBOR YMCA LAP POOL SCHEDULE

SPRING 1 2020: FEBRUARY 24-APRIL 19
 UPDATED 2/18/2020

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

Sunday

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.

Schedule Changes: March 7: Three lanes will be reserved from 4:00-5:30pm for our Annual Lap-a-Thon event.

There will be **no swim lessons or swim team between March 30-April 5**. There will also be a reduced Water Fitness schedule limited to Monday, Wednesday, and Friday mornings during this time. An updated schedule for that week will be published the week prior.