



We build strong kids, strong families, strong communities.

Comp Pool Schedule Feb 22 - June 13, 2010

() denotes the number of lanes being used

* denotes circle swim is recommended

TIME	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Pool opens @ 5:30am	*Lap swim (8) 5:30am-7am	YMCA Swim Team (6) *Lap swim (2) 5:30am-7pm	Tri-Training 5:30am-7am (4) *Lap Swim (4)	YMCA Swim Team (6) *Lap swim (2) 5:30am-7pm	*Lap Swim (8)	Comp Pool Temp: 80 - 82 Number of lanes: 8 lanes Distance: 1 length = 25 yards; 35 laps = 1mile	
7:00am	*Lap swim (8) 7am - 9am	Lap swim (8) 7am-4:00pm	*Lap swim (8) 7am - 9am	*Lap swim (8) 7am-11am	*Lap swim (8) 7am-9am	Pool Opens @ 7am YMCA Swim Team 7am-9:00am (8)	Lap Swim Water Fitness LY Swim Masters
9:00am	Deep H2O (3) 9am-10am *Lap swim (5) 9am-10am		Deep H2O (3) 9am-10am *Lap swim (5) 9am-10am		Deep H2O (3) 9am-10am *Lap swim (5) 9am-10am	YMCA Swim Team 9am-10:30am (6) *Lap swim (2) 9am-10:30am	
10:00am	*Lap swim (5) 10am-11am		*Lap swim (8) 10am-11:30am		*Lap swim (8) 10am-4pm	*Lap Swim (8) 10:30am-5:45pm	
11:00am	Masters (6) 11am-12pm Lap Swim (2) 11am - 11:30am			Master's (6) 11am - 12pm Lap Swim (2) 11am - 12pm			
11:30am	*Lap swim (1) 11:30am-12pm MS Group (1) 11:30am-12:30pm		*Lap swim (6) 11:30am-12:30pm MS Group (2) 11:30am-12:30pm	Lap Swim (8) 12pm - 4:00pm			
12pm	*Lap Swim (7) 12:00pm-12:30pm		*Lap Swim (8) 12:30pm-4:00pm				Pool Opens @ 1:00pm - 3pm (6) Special Olympics (2)
2:45pm	*Lap Swim (8) 12:30pm - 4:00pm						Lap Swim (8) 3pm - 5:45pm
4:00pm	YMCA Swim Team (8) 4pm-5:30pm 5:30pm - 6pm (2) Lap swim 5:30-5:45 (6)	YMCA Swim Team (8) 4pm-5:30pm 5:30pm - 6pm (2) Lap swim 5:30-5:45 (6)	YMCA Swim Team (8) 4pm-5:30pm 5:30pm - 6pm (2) Lap swim 5:30-5:45 (6)	YMCA Swim Team (8) 4pm-5:30pm 5:30pm - 6pm (2) Lap swim 5:30-5:45 (6)	YMCA Swim Team (8) 4pm-6pm	*Lap Swim (8) Pool Closes @ 5:45pm	Pool Closes @ 5:45pm
5:45pm	Shallow/Deep (2 or 3) 5:45-6:30pm *Lap Swim (5 or 6) 5:45pm-6:30pm	Shallow/Deep (2 or 3) 5:45-6:30pm *Lap Swim (5 or 6) 5:45pm-6:30pm	Shallow/Deep (2 or 3) 5:45-6:30pm *Lap Swim (5 or 6) 5:45pm-6:30pm	Shallow/Deep (2 or 3) 5:45-6:30pm *Lap Swim (5 or 6) 5:45pm-6:30pm	*Lap swim (8) 6pm-7:45pm	Circle Swimming Etiquette: * Please swim in a counter-clockwise pattern. * Notify all swimmers in a lane before you enter and begin swimming. * When entering a lane please give the current swimmer the right of way. * Please limit the amount of time you rest at the end of the lane and move out of the way of other swimmers. * A lifeguard may ask you to move to another lane. Please comply, as this will make everyone's swim safer & more enjoyable.	
6:30pm	*Lap Swim (8) 6:30pm-9:45pm	*Lap Swim (8) 6:30pm-9:45pm	*Lap Swim (8) 6:30pm-9:45pm	*Lap Swim (8) 6:30pm-9:45pm	Pool Closes @ 7:45pm		
8:00pm							
Pool Closes @ 9:45pm	Pool Closes @ 9:45pm	Pool Closes @ 9:45pm	Pool Closes @ 9:45pm	Pool Closes @ 9:45pm			

Master's Swim Team
Monday & Thursday
11am - 12pm

Tri-Training
Wednesday 5:30am-7am (4)
Jan 13 - March 31

Fun Days Scheduled
Subject to change
Bedford County Schools –
February 15, March 11, April 5 – 9, April 30, May 31 and June 8 & 9

Campbell County Schools –
February 15, April 5 – 9, April 23, May 31, and June 9

Lynchburg City Schools –
February 15, March 12, April 5 – 9, April 30, May 30, June 11

Spring Break
LY Swim Team Practice
April 5 - 9
4pm - 5:30pm (8)
5:30pm - 6pm (2)

YMCA LG Class
April 5 - 9
1pm - 4pm (3)

LY Swim Meet

February 26, 27, and 28 from 6am - 9pm

Please note parking will be limited

The following areas of the YMCA will be closed this weekend. Gym, Hallway outside of the Basketball Gym, Teen Room, Multipurpose room A Family pool, Whirlpool, and Comp Pool.

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.