



We build strong kids, strong families, strong communities.

Comp Pool Schedule Nov. 16, 09 - Feb. 21, 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-9am	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)	*Lap swim (8) 7am-4pm	*Lap swim (8)	*Lap swim (8) 7am-4pm	*Lap swim (8) 7am-9am	Pool Opens @ 7am YMCA Swim Team 7am-9:00am (8)	High School Swim Team
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	Lap Swim
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	Water Fitness
11:00am	Masters (6) 11am-12pm			Master's (6) 11am - 12pm			LY Swim Masters
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				
12pm	*Lap Swim (8) 12:30pm-4pm		*Lap Swim (8) 12:30pm-4pm				Pool Opens @ 1:00pm - 3pm (8)
2:45pm	*HHS (3) & BHS (3) 2:45pm - 4pm Lap Swim (2)	*HHS (3) & BHS (3) 2:45pm - 4pm Lap Swim (2)	*HHS (3) & BHS (3) 2:45pm - 4pm Lap Swim (2)	*HHS (3) & BHS (3) 2:45pm - 4pm Lap Swim (2)			Lap Swim (5) Kayak Roll Session 3pm - 5pm (3)
4:00pm	YMCA Swim Team (8) 4pm-5:30pm 5:30pm - 6pm (2)	YMCA Swim Team (8) 4pm-5:30pm 5:30pm - 6pm (2)	YMCA Swim Team (8) 4pm-5:30pm 5:30pm - 6pm (2)	YMCA Swim Team (8) 4pm-5:30pm 5:30pm - 6pm (2)	YMCA Swim Team (8) 4pm-6pm	*Lap Swim (8) Pool Closes @ 5:45pm	Pool Closes @ 5:45pm
5:30pm	Shallow/Deep (2 or 3) 5:45-6:30pm *Lap Swim (2) 5:45pm-6:30pm	Aqua Fit (2 or 3) 5:45-6:30pm *Lap Swim (2) 5:45pm-6:30pm	Combo H2O (2 or 3) 5:45-6:30pm *Lap Swim (2) 5:45pm-6:30pm	Combo H2O (2 or 3) 5:45-6:30pm *Lap Swim (2) 5:45pm-6:30pm	*Lap swim (8) 6pm-7:45pm	Circle swim: 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-8pm	*Lap Swim (8) 6:30pm-8pm	*Lap Swim (8) 6:30pm-8pm	*Lap Swim (8) 6:30pm-8pm	Pool Closes @ 7:45pm		
8:00pm	*JFHS (6) 8pm-9:15pm *Lap Swim (2)	*JFHS (6) 8pm-9:15pm *Lap Swim (2)	*JFHS (6) 8pm-9:15pm *Lap Swim (2)	*JFHS (6) 8pm-9:15pm *Lap Swim (2)			
Pool Closes @ 9:45pm	Pool Closes @ 9:45pm	Pool Closes @ 9:45pm	Pool Closes @ 9:45pm	Pool Closes @ 9:45pm			

Tri-Training
Wednesday 5:30am-7am (4)
Jan13 - March 31

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

Kayak Roll Sessions
Sunday 3pm-5pm
Jan 17 - March 28 (10)
NO Session Feb 28

***High School Swim Team**
Practice begins Nov. 16,
2009 - Feb. 18, 2010

Heritage HS
2:45-4pm (3)

Brookville HS
2:45pm-4pm (3)

JFHS 8pm - 9:15pm (6)

High School Swim
Meet Schedule 09-10

December 4 at 6:30pm
December 11 at 6:30pm
December 18 at 6:30pm
January 15 at 6:30pm
January 22 at 6:30pm
January 29 at 6:30pm
February 5 at 6pm
(District Meet)

LY Swim Meet

January 9 from 6am - 6pm
January 10 from 6am -6pm
Please note parking will be limited

The following areas of the YMCA will be closed this weekend. Gym, Hallway outside of the Gym, Teen Room, 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.