



We build strong kids, strong families, strong communities.

LAP AND TEACHING POOL SCHEDULE WINTER 2010

TEACHING POOL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Lessons 11:00 - 4:30 am ★	Swim Lessons 8:00 - 9:00 am ★ 9:00 -10:40 am 10:45 -11:15 am ★ 12:00 - 2:55 pm ★ 2:55 - 3:30 pm 4:15 - 5:45 pm ★ 5:45 - 6:50 pm 7:00 - 9:00 pm ★	Swim Lessons 8:00 - 9:00 am ★ 9:00 -10:40 am 10:45 -11:15 am ★ 12:00 - 2:55 pm ★ 2:55 - 3:30 pm 4:15 - 5:45 pm ★ 5:45 - 6:50 pm 7:00 - 9:00 pm ★	Swim Lessons 8:00 - 9:00 am ★ 9:00 -10:40 am 10:45 -11:15 am ★ 12:00 - 2:55 pm ★ 2:55 - 3:30 pm 4:15 - 5:45 pm ★ 5:45 - 6:50 pm 7:00 - 9:00 pm ★	Swim Lessons 8:00 - 9:00 am ★ 9:00 -10:40 am 10:45 -11:15 am ★ 12:00 - 2:55 pm ★ 2:55 - 3:30 pm 4:15 - 5:45 pm ★ 5:45 - 6:50 pm 7:00 - 9:00 pm ★	Swim Lessons 8:00 -11:00 am ★ 12:00 - 9:00 pm ★	Swim Lessons 8:00 - 9:00 am ★ 9:00 -11:15 am 11:30 - 5:30 pm ★
Water Fitness/Water Walking (W/W) 2:00 - 4:30 pm W/W	Water Fitness/Water Walking (W/W) 5:30 - 8:55 am W/W 11:15 -12:00 pm (AFYAP) 12:00 - 1:30 pm W/W	Water Fitness/Water Walking (W/W) 5:30 - 8:55 am W/W 11:15 -12:00 pm (AFYAP) 12:00 - 1:30 pm W/W	Water Fitness/Water Walking (W/W) 5:30 - 8:55 am W/W 11:15 -12:00 pm (AFYAP) 12:00 - 1:30 pm W/W	Water Fitness/Water Walking (W/W) 5:30 - 8:55 am W/W 11:15 -12:00 pm (AFYAP) 12:00 - 1:30 pm W/W	Water Fitness/Water Walking (W/W) 5:30 - 8:55 am W/W 11:15 -12:00 pm (AFYAP) 12:00 - 1:30 pm W/W	Water Fitness/Water Walking (W/W) 7:00 - 8:55 am W/W
Recreational Swim 10:00 - 5:30 pm	Recreational Swim 12:00 - 1:30 pm 3:30 - 5:40 pm 6:50 - 9:30 pm	Recreational Swim 12:00 - 1:30 pm 3:30 - 5:40 pm 6:50 - 9:30 pm	Recreational Swim 12:00 - 1:30 pm 3:30 - 5:40 pm 6:50 - 9:30 pm	Recreational Swim 12:00 - 1:30 pm 3:30 - 5:40 pm 6:50 - 9:30 pm	Recreational Swim 9:00 -11:15 am 2:00 - 9:30 pm	Recreational Swim 11:15 - 6:30 pm

★ Private Swim Lessons

spirit . mind . body . planet

help us save money and resources
 download your personal schedule at
www.ymcafoothills.org

Lap Pool Schedule Winter 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim (Adult) 12:00 - 2:00 pm (4 lanes) 2:00 - 4:30 pm (2 lanes) 4:30 - 5:30 pm (3 lanes)	Lap Swim (Adult) 5:30 - 6:45 am (3 lanes) 6:45 - 8:55 am (5 lanes) 9:00 -12:00 pm (2 lanes) 12:05 - 1:30 pm (4 lanes) 1:30 - 2:55 pm (3 lanes) 2:55 - 3:25 pm (2 lanes) 7:00 - 8:30 pm (2 lanes) 8:30 - 9:30 pm (4 lanes)	Lap Swim (Adult) 5:30 - 7:00 am (4 lanes) 7:00 - 8:55 am (5 lanes) 9:00 -12:00 pm (2 lanes) 12:05 - 1:30 pm (4 lanes) 1:30 - 2:55 pm (3 lanes) 2:55 - 3:25 pm (2 lanes) 7:00 - 8:30 pm (2 lanes) 8:30 - 9:15 pm (3 lanes) 9:15 - 9:30 pm (4 lanes)	Lap Swim (Adult) 5:30 - 6:45 am (3 lanes) 6:45 - 8:55 am (5 lanes) 9:00 -12:00 pm (2 lanes) 12:05 - 1:30 pm (4 lanes) 1:30 - 2:55 pm (3 lanes) 2:55 - 3:25 pm (2 lanes) 7:00 - 8:30 pm (2 lanes) 8:30 - 9:30 pm (4 lanes)	Lap Swim (Adult) 5:30 - 7:00 am (4 lanes) 7:00 - 8:55 am (5 lanes) 9:00 -12:00 pm (2 lanes) 12:05 - 1:30 pm (4 lanes) 1:30 - 2:55 pm (3 lanes) 2:55 - 3:25 pm (2 lanes) 7:00 - 8:30 pm (2 lanes) 8:30 - 9:15 pm (3 lanes) 9:15 - 9:30 pm (4 lanes)	Lap Swim (Adult) 5:30 - 6:45 am (3 lanes) 6:45 - 8:55 am (5 lanes) 9:00 -12:00 pm (2 lanes) 12:05 - 1:30 pm (4 lanes) 1:30 - 3:30 pm (2 lanes) 8:00 - 9:30 pm (4 lanes)	Lap Swim (Adult) 7:00 - 8:55 am (5 lanes) 2:00 - 4:30 am (1 lanes)
Lap Swim (Adult/Youth) 10:00 -12:00 pm (5 lanes)	Lap Swim (Adult/Youth) 5:30 - 6:15 pm (1 lane) 6:15 - 6:45 pm (3 lanes) 6:45 - 7:00 pm (2 lanes)	Lap Swim (Adult/Youth) 5:30 - 6:15 pm (1 lane) 6:15 - 6:45 pm (3 lanes) 6:45 - 7:00 pm (2 lanes)	Lap Swim (Adult/Youth) 5:30 - 6:15 pm (1 lane) 6:15 - 6:45 pm (3 lanes) 6:45 - 7:00 pm (2 lanes)	Lap Swim (Adult/Youth) 5:30 - 6:15 pm (1 lane) 6:15 - 6:45 pm (3 lanes) 6:45 - 7:00 pm (2 lanes)	Lap Swim (Adult/Youth) 7:00 - 8:00 pm (2 lanes)	Lap Swim (Adult/Youth) 11:30 - 2:00 pm (5 lanes) 4:30 - 6:30 pm (5 lanes)
Water Walking 10:00 - 2:00 pm (1 lane)	Water Fitness/Water Walk 5:45 - 6:45 am (W/F) 6:45 - 8:55 am (W/W) 9:00 -11:00 am (W/F) 11:15 -12:00 pm AFYAP 12:05 - 1:30 pm (W/W) 1:30 - 2:30 pm (W/F) 6:45 - 7:45 pm (W/F)	Water Fitness/Water Walk 7:00 - 8:55 am (W/W) 9:00 -11:00 am (W/F) 11:15 -12:00 pm AFYAP 12:05 - 1:30 pm (W/W) 1:30 - 2:30 pm (W/F) 6:45 - 7:45 pm (W/F)	Water Fitness/Water Walk 5:45 - 6:45 am (W/F) 6:45 - 8:55 am (W/W) 9:00 -11:00 am (W/F) 11:15 -12:00 pm AFYAP 12:05 - 1:30 pm (W/W) 1:30 - 2:30 pm (W/F) 6:45 - 7:45 pm (W/F)	Water Fitness/Water Walk 7:00 - 8:55 am (W/W) 9:00 -11:00 am (W/F) 11:15 -12:00 pm AFYAP 12:05 - 1:30 pm (W/W) 1:30 - 2:30 pm (W/F) 6:45 - 7:45 pm (W/F)	Water Fitness/Water Walk 5:45 - 6:45 am (W/F) 6:45 - 8:55 am (W/W) 9:00 -11:00 am (W/F) 11:15 -12:00 pm AFYAP 12:05 - 1:30 pm (W/W) 1:30 - 2:30 pm (W/F)	Water Fitness/Water Walk 7:00 - 8:00 am (W/W) 9:00 -10:00 am (W/F)
Recreational Swim 2:00 - 5:30 pm (3 lanes)	Recreational Swim 1:30 - 3:15 pm (3 lanes) 6:45 - 7:45 pm (2 lanes) 7:45 - 9:30 pm (2 lanes)	Recreational Swim 1:30 - 3:15 pm (3 lanes) 6:45 - 7:45 pm (2 lanes) 7:45 - 9:30 pm (2 lanes)	Recreational Swim 1:30 - 3:15 pm (3 lanes) 6:45 - 7:45 pm (2 lanes) 7:45 - 9:30 pm (2 lanes)	Recreational Swim 1:30 - 3:15 pm (3 lanes) 6:45 - 7:45 pm (2 lanes) 7:45 - 9:30 pm (2 lanes)	Recreational Swim 1:30 - 3:15 pm (3 lanes) 7:00 - 9:30 pm (2 lanes)	Recreational Swim 2:00 - 4:30 pm (2 lanes)
Swim Lessons 12:00 - 4:30 pm ★	Swim Lessons 12:00 - 1:30 pm ★ 2:55 - 4:15 pm 6:55 - 8:30 pm	Swim Lessons 12:00 - 1:30 pm ★ 2:55 - 4:15 pm 6:55 - 8:30 pm 8:30 - 9:15 pm	Swim Lessons 12:00 - 1:30 pm ★ 2:55 - 4:15 pm 6:55 - 8:30 pm	Swim Lessons 12:00 - 1:30 pm ★ 2:55 - 4:15 pm 6:55 - 8:30 pm 8:30 - 9:15 pm	Swim Lessons 12:00 - 1:30 pm ★ 3:00 - 3:30 pm ★ 7:00 - 8:00 pm (2 lanes)	Swim Lessons 8:15 - 9:00 am 9:00 -11:25 am 12:00 - 4:30 pm ★
	Swim Team 4:15 - 5:30 pm (6 lanes) 5:30 - 6:15 pm (5 lanes) 6:15 - 6:45 pm (3 lanes)	Swim Team 5:30 - 7:00 am (2 lanes) 4:15 - 5:30 pm (6 lanes) 5:30 - 6:15 pm (5 lanes) 6:15 - 6:45 pm (3 lanes)	Swim Team 4:15 - 5:30 pm (6 lanes) 5:30 - 6:15 pm (5 lanes) 6:15 - 6:45 pm (3 lanes)	Swim Team 5:30 - 7:00 am (2 lanes) 4:15 - 5:30 pm (6 lanes) 5:30 - 6:15 pm (5 lanes) 6:15 - 6:45 pm (3 lanes)	Swim Team 3:30 - 7:00pm (6 lanes)	Lifeguard Training 2:00 - 4:30 pm (2 lanes)

LAP LANE ETIQUETTE

1. Choose from slow, moderate, or fast lane.
2. Notify all swimmers before entering lane and enter from the right side of the shallow end of the lane.
3. Keep clear from other swimmers and stop only at the ends of the pool.
4. Some strokes are slower than others. As a courtesy, please consider this when choosing your lane.
5. No diving.

6. Lifeguard has the final authority on all lap swim rules and etiquette.
7. One to two swimmers in a lane may split the lane in half.
8. The center lane is for passing only. Please return to the correct side immediately or pass at turn, if crowded.
9. Two or more swimmers in a lane must swim counter clockwise staying to the right of the lane.

Legend

W/F = Water Fitness

W/W = Water Walking

★ = Private

- Adult Lap Swim: Ages 16 and up
- Youth Lap Swim: Ages 12-15 years
- Spa: 14 years and up