

Pool Programs

(1/29/12-2/28/12)

This guide is designed to help you be aware of the various programs and classes offered through Aquatics. For a full description of Pool Lane Availability please see Aquatic Directors office window for complete details. Questions/Comments please see the Front Desk or contact the Aquatics Director.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00			Lakota East/West 6:00a-7:30a		Lakota East/West 6:00a-7:30a			
6:30								
7:00								
7:30								
8:00								
8:30								
9:00		Arthrons 9:00a-10:00a (Start Date 1/9)		Arthrons 9:00a-10:00a (Start Date 1/11)	Swim Lessons 9:00a-10:00a		H2O Fitness to the Max 9:00a-9:50a	
9:30								
10:00		Swim Lessons 10:00a-11:30a					Aqua Bootcamp 10:00a-10:50a	
10:30								
11:00			H2O Fitness To The Max 11:15a-12:05p		Amped Up H2O 11:15a-12:05p		Swim Lessons 9:00a-12:00p	
11:30								
12:00		SilverSneakers 12:00p-12:50p		SilverSneakers 12:00p-12:50p				
12:30								
1:00			Swim Lessons 1:00p-2:30p	Swim Lessons 1:00p-2:00p	Swim Lessons 1:00p-2:00p			
1:30								
2:00								
2:30								
3:00			Lakota East/West Swim Practice 3:00p-5:00p					
3:30			Lane Space is LIMITED for LAP SWIMMING ONLY Please see lane assignments on Aquatic Directors Office					
4:00	Monroe Dolphins Swim Practice 4:00-5:30p		Lakota Family YMCA Stingrays Swim Practice 4:45p-7:45p					
4:30			Lane Space is LIMITED for LAP SWIMMING/OPEN SWIMMING					
5:00								
5:30								
6:00								
6:30		Swim Lessons 5:30p-7:30p	H2O Fitness To The Max 6:30-7:20	Swim Lessons 5:30p-7:30p	Amped Up H2O 6:30-7:20			
7:00								
7:30								
8:00		Swim Fit 7:45p-8:45p						
8:30								
9:00								
9:30								
10:00								

**One lane

**Schedule is subject to change

Updated: 1/17/11

For additional information on programs and practice times please see other side



Open Swim/Lap Swim

(1/29/12-2/28/12)

This guide is designed to help you be aware of the various programs and classes offered through Aquatics. For a full description of Pool Lane Availability please see Aquatic Directors office window for complete details. Please recognize that during some lap swim times other programs may be occupying parts of the pool. Questions/Comments please see the Front Desk or contact the Aquatics Director.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
6:00		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim							
6:30													
7:00													
7:30													
8:00								6:00a-1:00p	6:00a-1:00p	6:00a-1:00p	6:00a-1:00p	6:00a-10:00a	Lap Swim
8:30													
9:00													
9:30								Deep End of Pool	Deep End of Pool	Deep End of Pool	Shallow end of Pool	Lap/Open Swim	9:00a-12:00p
10:00													
10:30								Open Swim 12:00p-5:30p	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	10:00a-3p
11:00													
11:30													
12:00													
12:30													
1:00	1:00p-3:00p	1:00p-3:00p	1:00p-3:00p	1:00p-3:00p	Lap/Open Swim	12:00p-8:30p							
1:30													
2:00													
2:30													
3:00	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap/Open Swim							
3:30	3:00p-6:30p	3:00p-6:30p	3:00p-6:30p	3:00p-6:30p	3:00p-5:00p								
4:00													
4:30		NO LANES AVAILABLE	NO LANES AVAILABLE	NO LANES AVAILABLE	NO LANES AVAILABLE	5:00p-9:30p							
5:00													
5:30													
6:00													
6:30													
7:00													
7:30													
8:00								Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	
8:30								7:30p-9:30p	7:30p-9:30p	7:30p-9:30p	7:30p-9:30p		
9:00													
9:30													
10:00													

****One lane will be available for Lap Swimmers Only during all Swim Team practices/Swim Lessons unless otherwise posted.**

****Schedule is subject to change**

Updated: 1/17/11

For additional information on programs and practice times please see other side



Monday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a						
6:30a						
7:00a						
7:30a						
8:00a						
8:30a						
9:00a	Arthrons	Arthrons	Arthrons			
9:30a						
10:00a	Swim Lesson	Swim Lesson	Swim Lesson			
10:30a						
11:00a						
11:30a						
12:00p	SilverSplash	SilverSplash	SilverSplash			
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p		Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice
3:30p						
4:00p						
4:30p						
5:00p	Swim Lesson	Swim Lesson	Swim Lesson		Lakota Stingrays Swim Practice	Lakota Stingrays Swim Practice
5:30p						
6:00p						
6:30p						
7:00p						
7:30p						
8:00p				Swim Fit	Swim Fit	Swim Fit
8:30p						
9:00p						

 Denotes Member Open

Tuesday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a						
6:30a						
7:00a						
7:30a						
8:00a						
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p	To The MAX	To The MAX	To The MAX			
12:30p						
1:00p	Swim Lesson	Swim Lesson	Swim Lesson			
1:30p						
2:00p						
2:30p						
3:00p		Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice
3:30p						
4:00p						
4:30p						
5:00p				Lakota Stingrays Swim Practice	Lakota Stingrays Swim Practice	Lakota Stingrays Swim Practice
5:30p						
6:00p						
6:30p	H2O Fitness	H2O Fitness	H2O Fitness			
7:00p	To The MAX	To The MAX	To The MAX			
7:30p						
8:00p						
8:30p						
9:00p						

 Denotes Member Open

Wednesday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6				
6:00a										
6:30a										
7:00a										
7:30a										
8:00a										
8:30a										
9:00a							Arthrons	Arthrons	Arthrons	
9:30a										
10:00a										
10:30a										
11:00a										
11:30a										
12:00p	SilverSplash	SilverSplash	SilverSplash							
12:30p										
1:00p	Swim Lesson	Swim Lesson	Swim Lesson							
1:30p										
2:00p										
2:30p										
3:00p						Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice
3:30p										
4:00p										
4:30p										
5:00p	Swim Lesson	Swim Lesson	Swim Lesson	Lakota Stingrays Swim Practice	Lakota Stingrays Swim Practice					
5:30p										
6:00p				Lakota Stingrays Swim Practice	Lakota Stingrays Swim Practice					
6:30p										
7:00p										
7:30p										
8:00p										
8:30p										
9:00p										

 Denotes Member Open

 Denotes Member Open

Thursday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a						
6:30a						
7:00a						
7:30a						
8:00a						
8:30a						
9:00a	Swim Lesson	Swim Lesson	Swim Lesson			
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p	AMPED UP H2O	AMPED UP H2O	AMPED UP H2O			
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p		Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						
6:00p				Lakota Stingrays Swim Practice	Lakota Stingrays Swim Practice	Lakota Stingrays Swim Practice
6:30p						
7:00p						
7:30p						
8:00p						
8:30p						
9:00p						

 Denotes Member Open

Friday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6					
6:00a											
6:30a											
7:00a											
7:30a											
8:00a											
8:30a											
9:00a											
9:30a											
10:00a											
10:30a											
11:00a											
11:30a											
12:00p											
12:30p											
1:00p											
1:30p											
2:00p											
2:30p											
3:00p							Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice	Lakota East/West Swim Practice
3:30p											
4:00p								Lakota Stingrays Swim Practice	Lakota Stingrays Swim Practice	Lakota Stingrays Swim Practice	Lakota Stingrays Swim Practice
4:30p											
5:00p											
5:30p											
6:00p											
6:30p											
7:00p											
7:30p											
8:00p											
8:30p											
9:00p											

Denotes Member Open

Saturday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00a						
8:30a						
9:00a	Swim Lesson /Water Aerboics	Swim Lesson /Water Aerboics	Swim Lesson /Water Aerboics	Swim Lesson /Water Aerboics		
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p						
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						
6:00p						
6:30p						
7:00p						
7:30p						
8:00p						
8:30p						

 Denotes Member Open

Sunday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00p						
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p				Monroe Dolphins Swim Practice	Monroe Dolphins Swim Practice	Monroe Dolphins Swim Practice
4:30p						
5:00p						