

Lake View YMCA Spring I Pool Schedule February 21 - April 17

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TIME
5:30								5:30
5:45								5:45
6:00								6:00
6:15								6:15
6:30								6:30
6:45								6:45
7:00								7:00
7:15		Lap 5:30 - 9:20	Lap 5:30 - 9:25	Lap 5:30 - 9:25	Lap 5:30 - 9:25	Lap 5:30 - 9:25	Lap 7:00 - 7:55	7:15
7:30								7:30
7:45								7:45
8:00	Lap 7:00 - 9:10						SKIP 8:00 - 8:30	8:00
8:15							Initial/Perch 8:30 - 9:00	8:15
8:30							Pike, Pike, Eel, Ray/Starfish 9:05-9:50	8:30
8:45								8:45
9:00							Pike, Eel, Polliwog, Guppy 9:55 - 10:40	9:00
9:15								9:15
9:30	Water Fitness 9:15 - 10:15	Joint Effort 9:25 - 10:25	Water Aerobics 9:30 - 10:30	Joint Effort 9:30 - 10:30	Water Aerobics 9:30 - 10:30	Joint Effort 9:30 - 10:30		9:30
9:45		Adult Open (Deep End)		Adult Open (Deep End)				9:45
10:00	SKIP 10:15 - 10:45			Open/Family 10:35-11:40	Gym & Swim 10:30 - 11:00			10:00
10:15	Seahorse 10:45-11:15	Pike, Pike 10:30 - 11:15	SKIP 10:30 - 11:00		Adult Swim (Deep End) 10:30 - 11:30			10:15
10:30	Initial/Perch 11:15-11:45	Open/Family Swim 11:20 - 12:15	SKIP 11:00 - 11:30			Open/Family Swim 10:35 - 12:00	Pike, Eel, Guppy, Minnow 11:00 - 11:45	10:30
10:45	Seahorse 11:45 - 12:15		Open/Family Swim 11:35 - 12:30	Gym & Swim 11:45 - 12:15			Minnow/Fish, Flying Fish/Shark, Marlins 11:50 - 12:35	10:45
11:00								11:00
11:15								11:15
11:30								11:30
11:45								11:45
NOON								NOON
12:15								12:15
12:30	Pike, Pike 12:30 - 1:15	Lap 12:20 - 2:00	Lap 12:35 - 2:25	Lap 12:20 - 2:00	Lap 12:50 - 2:25	Lap 12:05 - 2:25	Pike, Eel/Ray 12:40 - 1:25	12:30
12:45							Lap 12:40 - 1:25	12:45
1:00								1:00
1:15								1:15
1:30								1:30
1:45								1:45
2:00								2:00
2:15								2:15
2:30	Open/Family Swim 1:20 - 4:30	Open/Family Swim 2:05 - 2:45	Open/Family Swim 2:30 - 3:35	Open/Family Swim 2:05 - 2:45	Open/Family Swim 2:30 - 3:35	Open/Family Swim 2:30 - 3:35		2:30
2:45								2:45
2:50		Pike, Pike, Eel/Ray 2:50 - 3:35		Pike, Pike, Ray/Star 2:50 - 3:35				2:50
3:00								3:00
3:15								3:15
3:30								3:30
3:45								3:45
4:00								4:00
4:15								4:15
4:30								4:30
4:45								4:45
5:00	Lap 4:35 - 6:00	Pike, Pike, Eel/Ray, Water Polo 4:30 - 5:15	Polliwog, Guppy, Guppy, Minnow 4:30 - 5:15	Pike, Pike, Eel/Ray, Guppy 4:30 - 5:15	Polliwog, Guppy, Guppy, Minnow 4:30 - 5:15	Pike, Polliwog, Guppy, Minnow 3:40 - 4:25	Open/Family Swim 2:50 - 5:30	5:00
5:15		Seahorse, Pike 5:20 - 5:50	Pike, Minnow, Fish, Flying Fish/Shark 5:20 - 6:05	Minnow/Fish, Flying Fish/Shark, Marlins 5:20 - 6:05		Pike, Minnow, Fish, Flying Fish/Shark 5:20 - 6:05		5:15
5:30								5:30
5:45								5:45
6:00								6:00
6:15		Lap 6:10 - 6:55	Lap 6:10 - 7:10	Lap 6:10 - 7:00	Seahorse 6:15 - 6:45		Lap 5:35 - 7:00	6:15
6:30								6:30
6:45								6:45
7:00		Water Conditioning 7:00 - 8:00		Water Conditioning 7:00 - 8:00	SKIP 6:45 - 7:15	Open/Family Swim 6:10 - 8:00		7:00
7:15								7:15
7:30								7:30
7:45								7:45
8:00								8:00
8:15								8:15
8:30		Adult Swim Instruction 8:05 - 9:05	Adult Stroke Development 8:05 - 9:05	Adult Swim Instruction 8:05 - 9:05				8:30
8:45								8:45
9:00								9:00
9:15								9:15
9:30		Lap 9:05 - 10:00	Lap 9:05 - 10:00	Lap 9:05 - 10:00	Lap 8:10 - 10:00	Lap 8:05 - 10:00		9:30
9:45								9:45
10:00								10:00
TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TIME

Paid Programming
 Water Fitness
 Day Camp
 Open/Family Swim
 Lap

The Lake View YMCA Pool Temperature is 83.5 Degrees.



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Lake View YMCA Pool Rules

1. The lifeguard on duty is the authority in the pool.
2. Children under 9 must be accompanied by an adult at all times.
3. Running, boisterous behavior, rough play, and inappropriate language will not be tolerated.
4. Only Lake View YMCA floatation devices are allowed.
5. Individuals with ear length hair or longer must wear a swim cap.
6. Proper swim attire must be worn in the pool -- no cut-offs or cotton shorts/shirts.
7. Street shoes are not allowed on deck. Protective booties are available in the family locker room.
8. Anyone with bandages, open blisters, cuts or lesions may not enter the water.
9. Diving, flips, twists and backward jumps are not allowed.
10. For the safety of all swimmers, individuals under the age of 14 must pass a deep-water test* before swimming in the deep end.

Exception: those enrolled in Lake View YMCA swim class accompanied by instructor.

The Lake View YMCA has no make-up policy for all Youth & Pre-School classes. For questions contact the Aquatics Department. Thank you!

*Deep-water test consists of: swimming one lap of the pool (40 yds), treading water for 15 seconds, & floating on back for 15 seconds.

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