



ROXBOROUGH YMCA

WINTER POOL SCHEDULE

EFFECTIVE: JANUARY 4-FEBRUARY 21, 2010



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-6 am	Lap Swim (No children under 16)					Lap Swim (No children under 16)	
6-7 am							
7-8 am							
8-9 am	Aquasize 1 Lap Lane	Lap Swim	Aquasize 1 Lap Lane	Lap Swim	Aquacise 1 Lap Lane		
9-10 am	Aquasize NO LAP LANES	Child Care Lessons 2 Lap Lanes*	Aquasize NO LAP LANES	Child Care Lessons 2 Lap Lanes*	Child Care Lessons Aquasize NO LAP LANES	Water Aerobics Lessons NO LAP LANES	
10-11 am							
11-12 pm	Adult Rec Arthritis 11:30 2 Lap Lanes	Adult Rec. 2 lap lanes	Adult Rec 2 Lap Lanes	Adult Rec Arthritis 11:30 .2 Lap Lanes	Adult Rec Arthritis 11:30 2 Lap Lanes	Lessons NO LAP LANES	Lap Swim (No children under 16)
12-1 pm							
1-2 pm	Adult Rec Swim 2 Lap Lanes					Polar Bear Swim Team NO LAP LANES	
2-3 pm							
3-4 pm							
4-5 pm	Lessons Family Rec Swim 1 Lap Lane*				Family Rec. Swim 1 Lap Lane	Family Rec Swim # 1 Lap Lane*	
5-6 pm	Lap Swim (No children under 16)						
6-7 pm	Lessons NO LAP LANES	Polar Bear Swim Team NO LAP LANES	Lessons No Lap Lanes	Polar Bear Swim Team NO LAP LANES			
7-8 pm	Adaptive Swim Rental NO LAP LANES	Water Aerobics NO LAP LANES	Family Rec. Swim 2 Lap Lanes*	Water Aerobics NO LAP LANES	Family Rec. Swim 2 Lap Lanes *		
8-9 pm							
9-9:30 pm	Lap Swim (No children under 16)					5:30-6:30 Lap Swim #	

*Everyone may use the lap lanes at these times as long as swimmer is doing continuous laps (may stop for a short break NO PLAYING)

SCUBA lessons will be held the **third Saturday** of every month- signs will be posted

LAP SWIMMERS

Lane 1 is for expert swimmers
Lane 2 is for fast swimmers
Lane 3 is for slower swimmers
Lane 4 is primarily for water jogging/walking