

## Lap, Rec, Youth & Family Swim Pool Schedule: March 8, 2010-March 14, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Adult Lap Swim</u>	<u>Adult Lap Swim</u>	<u>Adult Lap Swim</u>	<u>Adult Lap Swim</u>	<u>Adult Lap Swim</u>	<u>Adult Lap Swim</u>	<u>Adult Lap Swim</u>
5:45-8:30am (5)	5:45-8:30am (5)	5:45-8:30am (5)	5:45-8:30am (5)	5:45-8:30am (5)	7:00-9:30am (4)	9:00-3:00pm (3-4)
8:30-9:15 (3-4)	8:30-1:00pm (4)	8:30-9:15am (3-4)	8:30-3:30pm (4)	8:30-9:15am (3-4)	9:30-1:00pm (3)	3:00-6:00pm (2)
9:15-4:00pm (4)	1:00-3:30pm (3)	9:15-3:30pm (4)	4:00 CLOSED 4:45pm	9:15-3:30pm (4)	1:00-3:00pm (4)	
4:00-7:00pm (3)	3:30-4:00pm (4)	3:30-7:00pm (3)	4:45-6:00pm (3)	3:30-6:00pm (3)	3:00-6:00pm (2)	
7:00 CLOSED 8:00pm	4:00-5:00pm (1)	7:00 CLOSED 8:00pm	6:00 CLOSED 7:30pm	6:00-9:00pm (2)		
8:00-9:00pm (4)	5:00-6:00pm (3)	8:00-9:00pm (4)	7:30-9:00pm (3-4)			
	6:00 CLOSED 7:30pm					
	7:30-8:15pm (3-4)					

\*\*Men may use the alternate entrance to the pool if the small pool is in use.

\*It is policy to circle swim and share the lanes when the pool is busy.

\*During peak times, please try to limit your swim time to an hour.

<u>Adult Rec Swim*</u>	<u>Adult Rec Swim*</u>	<u>Adult Rec Swim*</u>	<u>Adult Rec Swim*</u>	<u>Adult Rec Swim*</u>	<u>Adult Rec Swim*</u>	<u>Adult Rec Swim*</u>
5:45-8:30am (1)	5:45-8:30am (1)	5:45-8:30am (1)	5:45-8:30am (1)	5:45-8:30am (1)	7:00-9:00am (2)	9:00-3:00pm (2)
9:15-6:00pm (2)	8:30-1:00pm (2)	9:15-3:30pm (2)	8:30am-3:30pm (2)	9:15-3:30pm (2)	2:00-3:00pm (2)	
8:00-9:00pm (2)	3:30-6:00pm (2)	5:00-6:00pm (2)	4:30-6:00pm (2)	5:00-6:00pm (2)		
		8:00-9:00pm (2)	8:30-9:00pm (3)			

· Listed times are when the pool is available for Rec Swim

· Parentheses notate the number of Lanes available

<u>Youth/Family Swim</u>	<u>Youth/Family Swim</u>	<u>Youth/Family Swim</u>	<u>Youth/Family Swim</u>	<u>Youth/Family Swim</u>	<u>Youth/Family Swim</u>	<u>Youth/Family Swim</u>
5:30-6:30pm	11:00-12:00pm	10:30-12:30pm	10:30-12:00pm	4:30-6:00	3:00-6:00pm (3)	3:00-6:00pm (3)
Family Swim - SP	Family Swim - SP	Family Swim - SP	Family Swim - SP	Youth Rec-SP	Family Swim - BP	Family Swim - BP
5:30-6:30pm (1)	4:30-6:00pm	4:30-5:30pm	4:30-6:00	4:30-6:00pm (1)	3:00-6:00pm (1)	3:00-6:00pm (1)
Youth Lap - BP	Youth Rec - SP	Family Swim -SP	Youth Rec -SP	Youth Lap - BP	Youth Lap - BP	Youth Lap - BP
	5:00-6:00pm (1)	5:00-7:00pm (1)	5:00-6:00pm (1)	6:00-9:00pm	3:00-6:00pm (SP)	
	Youth Lap - BP	Youth Lap - BP	Youth Lap - BP	Family Swim BP	*if available	
<u>Youth H2O Polo</u> ^	<u>Adult H2O Polo</u> ^	6:00-7:00pm		6:00-9:00pm (SP)		
7:00-8:00pm - SP	8:20-9:20pm - BP	Family Swim -SP		*if available	· Big Pool - BP	Small Pool - SP

^Must pre-register to take part in the program.

**\*\*ALL SWIMMERS MUST shower prior to swimming.**

**\*\*ALL SWIMMERS are REQUIRED to wear a swim cap.**



· Schedules are subject to change without notice, please visit [www.westsuburbanymca.org](http://www.westsuburbanymca.org) for the most up to date schedule.