



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

HELEN G. NASSIF YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Schedule Feb 12 – March 10, 2012	5:00-7:30 am Lap Swim & Water Walking (all lanes)	5:00-7:30 am Lap Swim & Water Walking (all lanes)	5:00-7:30 am Lap Swim & Water Walking (all lanes)	5:00-7:30 am Lap Swim & Water Walking (all lanes)	5:00-7:30 am Lap Swim & Water Walking (all lanes)		
Schedule is subject to change. The second winter session of swim lessons begins the week of Feb 19.	7:30 – 8:15 am Water Ex (lanes 1-3), Lap Swim & Water Walking (lanes 4-6)	7:30 – 8:15 am Water Ex (lanes 1-3), Lap Swim & Water Walking (lanes 4-6)	7:30 – 8:15 a Water Ex (lanes 1-3), Lap Swim & Water Walking (lanes 4-6)	7:30 – 8:15 am Water Ex (lanes 1-3), Lap Swim & Water Walking (lanes 4-6)	7:30 – 8:15 am Water Ex (lanes 1-3), Lap Swim & Water Walking (lanes 4-6)	7:00-8:00 am Lap Swim/Water Walking (all lanes)	
The Helen G Nassif YMCA DOES NOT allow the use of inflatable items in the pool. This includes the use of Water Wings.	8:15 – 9:30 am Lap Swim & Water Walking (all lanes)	8:15 – 9:30 am Lap Swim & Water Walking (all lanes)	8:15 – 9:30 a Lap Swim & Water Walking (all lanes)	8:15 – 9:30 am Lap Swim & Water Walking (all lanes)	8:15 – 9:30 am Lap Swim & Water Walking (all lanes)	8:00-9:00 am Adult Lessons Lap Swim (lanes 5 & 6)	
Multiple activities are often scheduled in this pool at the same time. Private Lessons do affect lap lane availability.	9:30-11:30 am Open Swim (lanes 1-3); Lap Swim & Water Walking (lanes 4-6)	9:30-11:30 am Open Swim (lanes 1-3); Lap Swim & Water Walking (lanes 4-6)	9:30-11:30 a Open Swim (lanes 1-3); Lap Swim & Water Walk (lanes 4-6)	9:30-11:30 am Open Swim (lanes 1-3); Lap Swim & Water Walking (lanes 4-6)	9:30-11:30 am Open Swim (lanes 1-3); Lap Swim & Water Walking (lanes 4-6)	9:00 – 12 noon Swim Lessons; Lap Swim (lane 5 only) NO OPEN SWIM	
Lap Swimming Tips Although we strive to keep most of the pool available for lap swimmers most of the time, there are times when there are limited lanes or no lanes scheduled to be available. Please watch the schedule and how many lanes are available and at what times.	11:30-1:30 pm Lap Swim & Water Walking (all lanes)	11:30-1:30 pm Lap Swim & Water Walking (all lanes)	11:30-1:30 p Lap Swim & Water Walking (all lanes)	11:30-1:30 p Lap Swim & Water Walking (all lanes)	11:30-1:30 pm Lap Swim & Water Walking (all lanes)		
	1:30-4:00 pm Open Swim (lanes 1-3), Lap Swim & Water Walking (lanes 4-6)	1:30-3:30 pm Open Swim (lanes 1-3), Lap Swim & Water Walking (lanes 4-6)	1:30-4:00 pm Open Swim (lanes 1-3), Lap Swim & Water Walking (lanes 4-6)	1:30-3:30 pm Open Swim (lanes 1-3), Lap Swim & Water Walking (lanes 4-6)	1:30-3:30 pm Open Swim (lanes 1-3), Lap Swim & Water Walking (lanes 4-6)	12:00-1:00 pm Water Ex (lanes 1-3), Lap Swim & Water Walking (lanes 4-6)	12:00-4:30 pm Open Swim (lanes 1-3), Lap Swim & Water Walking (lanes 4-6)
Directions If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.	4:00 – 8:00 pm Swim Team Practices (will leave a lap lane(s) open if at all possible at various times during practice schedule-from 6 – 8 pm no lane(s) will be available	3:30-5:00 pm Swim Team Practice (if possible a lap lane will remain open during this period of time)	4:00 – 8:00 p Swim Team Practices (will leave a lap lane(s) open if at all possible at various times during practice schedule-from 6-8 pm no lane(s) avail.	3:30-5:00 pm Swim Team Practice (if possible a lap lane will remain open during this period of time)	3:30-5:00 pm Swim Team Practice (if possible a lap lane will remain open during this period of time)	1:00-5:30 pm Open Swim (lanes 1-3), Lap Swim & Water Walking (lanes 4-6)	
Speed If circle swimming, please try to choose a lane with swimmers that most nearly match your speed.							
Program Notes: Lap Lanes are for Lap Swimming or Water Walking ONLY. Swim Team practices will conclude on Thursday, March 8.		5:00-7:00 pm Swimming Lessons and Water Ex; Lap Swim (lane 5 only)		5:00-7:00 pm Swimming Lessons and Water Ex; Lap Swim (lane 5 only)	5:00 – 7:00 pm Swim Team Practice (no lap lanes available)		
		7:00 – 9:00 pm Swim Team Practice		7:00 – 9:00 pm Swim Team Practice	7:00-8:30 pm Open Swim/ 3 Lap Lanes		
	8:00 –9:30 pm Adult Swim	9:00-9:30 pm Adult Swim	8:00 –9:30pm Adult Swim	9:00-9:30 pm Adult Swim			



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