

North Family YMCA Pool Schedule

Effective: January 4 to February 7, 2010

We Build Strong Kids, Strong Families, and Strong Communities

revised 1/14/10

Lanes	Sunday		Monday			Tuesday			Wednesday			Thursday			Friday			Saturday				
	1~4	5~8	1~3	4	5~8	1~3	4	5~8	1~3	4	5~8	1~3	4	5~8	1~3	4	5~8	1~4	5~8			
5:00	CLOSED	Lap Swim	Open	Lap Swim			Lap Swim		Open	Lap Swim			Lap Swim		Lap Swim		Lap Swim	CLOSED		5:00		
5:30			5-6am	NHS						5-6:00	NHS									CLOSED		5:30
6:00			Class	NHS Swim Team						Class	NHS Swim Team										Lap Swim	6:00
6:30			6-6:45	5:30-7:00	Open					6--6:45	5:30-7:00	Open									6:00-7:00	6:30
7:00			Open	Lap Swim	5-8:30	Lap Swim				Open	Lap Swim	5--8:30	Lap Swim			Open	Lap Swim		Lap Swim		NHS	7:00
7:30			6:45-9am							6:45-8:30						5:00-9				Open	NHS Swim Team	7:30
8:00																				6:00-8:30	7:00-9:00	8:00
8:30										NHS PE				Class		NHS PE						8:30
9:00					Class					Class				8:30-12		Class					NHS PE	9:00
9:30					9-10am					9--11am						9:00-12						9:30
10:00										8:30am - 10:30am												10:00
10:30																						10:30
11:00					open																	11:00
11:30					11-noon																	11:30
12:00	Open	Lap Swim	Adult Swim					Adult Swim						Adult Swim						12:00		
12:30	12:00	Swim lessons	12-1pm					12-1:00						12-1:00						12:30		
1:00	4:45	1-2 pm (lanes 6-8)																		1:00		
1:30																				1:30		
2:00			Open					Open						Open						2:00		
2:30			2-3:30pm	Lap Swim				1:00-3:30	Lap Swim					1:00-3:30	Lap Swim					2:30		
3:00				2:30-3:30				2:30-3:30						2:30-3:30						3:00		
3:30																				3:30		
4:00																				4:00		
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5:00																				5:00		
5:30																				5:30		
6:00			Class	Lap Swim				Class	Lap Swim					Class	Lap Swim					6:00		
6:30			5:30-7:15	YMCA Swim Team				5:30-7:15	YMCA Swim Team					5:30-7:15	YMCA Swim Team					6:30		
7:00				5:45-8:15					5:45-8:15						5:45-8:15					7:00		
7:30				YMCA					YMCA						YMCA					7:30		
8:00			Open	Swim Fit				Open	Lap Swim					Open	Lap Swim					8:00		
8:45			7:15-8:45	7-8:15				7:15-8:45	8:00-8:45					7:15-8:45	8:00-8:45					8:45		

****Schedule is Subject to Change****

Hot Tub will be closed on THURSDAY nights at 7:00 pm for cleaning

**Please note 12:00-1:00 PM is ADULT SWIM for the entire pool. This is for 18 years of age and older during this time only.

Please see back for more information.