



# Pool Schedule



March 2008  
Uptown YMCA

- Pool Temperature 84 – Pool is 20 yards in length and 4 lanes in width
- Adult Swim Lessons are Tuesday and Thursday from 7:30-8:15pm

## WATER EXERCISE SCHEDULE

| Monday                                 | Tuesday                               | Wednesday                              | Thursday                             | Friday                                 | Saturday                               |
|--|---------------------------------------|--|--------------------------------------|--|--|
| 7:45-8:30am<br>Deep Water<br>Karen     | 7:45-8:30am<br>Deep Water<br>Winifred | 7:45-8:30am<br>Deep Water<br>Winifred  | 7:45-8:30 am<br>Deep Water<br>Kaye   | 7:45-8:30am<br>Deep Water<br>Karen     | 9:00-10:00am<br>Deep Water<br>Winifred |
| 8:45-9:30 am<br>Shallow Water<br>Karen | 3:30-4:15 pm<br>Deep Water<br>Kaye    | 8:45-9:30 am<br>Shallow Water<br>Sandi | 3:30-4:15 pm<br>Deep Water<br>Amanda | 8:45-9:30 am<br>Shallow Water<br>Karen |  |
| 3:30-4:45pm<br>Deep Water<br>Kaye      | 5:15-6:15 pm<br>Waterworks<br>Connie  | 5:15-6:15 pm<br>Waterworks<br>Connie   | 5:15-6:15 pm<br>Waterworks<br>Connie |  |  |
| 5:15-6:15 pm<br>Waterworks<br>Connie   |                                       |  |                                      |  |  |

## LAP SWIM SCHEDULE

| DAY       | LAP TIMES    | LAP TIMES      | LAP TIMES     | LAP TIMES      | LAP TIMES    | LAP TIMES      |
|-----------|--------------|----------------|---------------|----------------|--------------|----------------|
| Monday    | 5:00-7:45 am | 9:30-11:00 am  | 11:30-3:00 pm | 4:15 – 5:15 pm | 6:15-8:45 pm |                |
| Tuesday   | 5:00-7:45 am | 8:30-11:00 am  | 11:30-3:00 pm | 4:15-5:15 pm   | 6:15-7:30 pm | 8:15 – 8:45 pm |
| Wednesday | 5:00-7:45 am | 9:30-5:15 pm   | 11:30-3:00 pm | 4:15-5:15 pm   | 6:15-8:45 pm |                |
| Thursday  | 5:00-7:45 am | 8:30-11:00 am  | 11:30-3:00 pm | 4:15-5:15 pm   | 6:15-7:30 pm | 8:15 – 8:45 pm |
| Friday    | 5:00-7:45 am | 9:30–11:00 am  | 11:30-3:00 pm | 3:30-8:45pm    |              |                |
| Saturday  | 8:00-9:00 am | 10:00–11:00 am | 1:00-5:45 pm  |                |              |                |
| Sunday    | 1:00-5:15 pm |                |               |                |              |                |

- ~During inclement weather the pool will be temporarily closed do to thunder storms in the area.
- ~For your safety, the pool will be closed for 30 minutes following each audible crash of thunder and/or visible strike of lightening. We apologize for the inconvenience and thank you for your cooperation.
- ~Please call to verify that there is no make-up Swim Lessons on Fridays and Saturdays. 799-9187