

Lake View YMCA Spring II Pool Schedule April 15 - June 9

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TIME
5:00								5:00
5:15								5:15
5:30								5:30
5:45								5:45
6:00								6:00
6:15								6:15
6:30							Lap 6:00-7:55	6:30
6:45								6:45
7:00		Lap 5:00 - 9:25	Lap 5:00 - 9:25	Lap 5:00 - 9:25	Lap 5:00 - 9:25	Lap 5:00 - 9:25		7:00
7:15								7:15
7:30	Lap 6:00 - 9:05						SKIP 8:00 - 8:30	7:30
7:45							Inia/Perch 8:30 - 9:00	7:45
8:00							Pike, Pike Eel, Ray/Starfish, Guppy 9:05-9:50	8:00
8:15							Pike, Pike, Eel, Polliwog, Guppy 9:55 - 10:40	8:15
8:30								8:30
8:45								8:45
9:00								9:00
9:15								9:15
9:30	Water Fitness 9:10 - 10:10	Joint Effort 9:30 - 10:30	Water Aerobics 9:30 - 10:30	Joint Effort 9:30 - 10:30	Water Aerobics 9:30 - 10:30	Joint Effort 9:30 - 10:30		9:30
9:45		Adult Open (Deep End)		Adult Open (Deep End)				9:45
10:00								10:00
10:15	SKIP 10:15 - 10:45						Pike, Pike, Eel, Guppy, Minnow 11:00 - 11:45	10:15
10:30	Seahorse 10:45-11:15	Pike, Pike 10:35 - 11:20	SKIP 10:30 - 11:00	Adult Open (Deep End) 10:30 - 11:30	Open/Family 10:35-11:40	Gym & Swim 10:30 - 11:00		10:30
10:45			SKIP 11:00 - 11:30			Adult Open (Deep End) 10:30 - 11:30		10:45
11:00	SKIP 11:15-11:45	Open/Family Swim 11:25 - 12:15			Gym & Swim 11:45 - 12:15		Minnow, Fish, Flying Fish/Shark , Marlins 11:50 - 12:35	11:00
11:15	Seahorse 11:45 - 12:15		Open/Family Swim 11:35-12:30			Open/Family Swim 11:35 - 12:45		11:15
11:30								11:30
11:45							Pike, Pike, Eel/Ray 12:40 - 1:25	11:45
NOON								NOON
12:15								12:15
12:30	Pike , Pike 12:30 - 1:15	Lap 12:20 - 2:00	Lap 12:35 - 2:25	Lap 12:20 - 2:00	Lap 12:50 - 2:25	Lap 12:05 - 2:25		12:30
12:45								12:45
1:00								1:00
1:15								1:15
1:30								1:30
1:45								1:45
2:00							Open /Family Swim 1:30- 4:30	2:00
2:15		Open/Family Swim 2:05 - 2:45		Open/Family Swim 2:05 - 2:45		Open/Family Swim 2:30 - 3:35		2:15
2:30	Open/Family Swim 1:20 - 4:30		Open/Family Swim 2:30 - 3:35					2:30
2:45								2:45
3:00		Pike, Pike, Eel 2:50 - 3:35		Pike, Pike, Pike 2:50 - 3:35				3:00
3:15								3:15
3:30								3:30
3:45		Pike, Pike, Eel, Ray/Starfish, Guppy 3:40 - 4:25	Pike, Pike, Eel, Ray/Starfish 3:40 - 4:25	Pike, Pike, Eel/Ray, Polliwog 3:40 - 4:25	Pike, Pike, Eel, Ray/Starfish 3:40 - 4:25	Pike, Polliwog, Guppy, Minnow 3:40 - 4:25		3:45
4:00								4:00
4:15		Pike, Pike, Eel/Ray, Polliwog 4:30 - 5:15	Polliwog, Guppy, Guppy, Minnow 4:30 - 5:15	Pike, Pike, Eel/Ray, Guppy 4:30 - 5:15	Polliwog, Guppy, Guppy, Minnow 4:30 - 5:15	Pike, Pike, Eel, Ray/Starfish 4:30 - 5:15		4:15
4:30								4:30
4:45		Pike 5:20-6:05	Pike, Minnow, Fish, Flying Fish/Shark 5:20 - 6:05	Minnow/Fish, Flying Fish/Shark, Marlins 5:20 - 6:05		Pike, Minnow, Fish, Flying Fish/Shark 5:20 - 6:05		4:45
5:00							Lap 4:35-6:45	5:00
5:15	Lap 4:35 - 6:45	Seahorse 5:20 - 5:50						5:15
5:30								5:30
5:45								5:45
6:00								6:00
6:15		Lap 6:10 - 6:55	Lap 6:10 - 7:10	Lap 6:10 - 6:55	Seahorse 6:15 - 6:45			6:15
6:30								6:30
6:45					SKIP 6:45 - 7:15			6:45
7:00		Water Conditioning 7:00 - 8:00	Pike, Pike, Eel/Ray, Guppy 7:15 - 8:00	Water Conditioning 7:00 - 8:00	Pike, Eel/Ray, Polliwog, Guppy/Minnow 7:20 - 8:05	Open/Family Swim 6:10 - 8:00		7:00
7:15								7:15
7:30								7:30
7:45								7:45
8:00		Adult Swim Instruction 8:05 - 9:05	Adult Stroke Development 8:05 - 9:05	Adult Swim Instruction 8:05 - 9:05				8:00
8:15								8:15
8:30								8:30
8:45								8:45
9:00		Lap 9:10 - 10:15	Lap 9:05 - 10:15	Lap 9:10 - 10:15	Lap 8:10 - 10:15	Lap 8:05 - 10:15		9:00
9:15								9:15
9:30								9:30
9:45								9:45
10:00								10:00
10:15								10:15
TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TIME

Paid Programming
Water Fitness
Day Camp
Open/Family Swim
Lap
Diver Practice

Pool Temperature is 83.5 Degrees.

Schedule Subject to Change.

Private Lessons may share pool space during Open/Family Swim or Lap Swim.
Lanes are still available for members at these times.



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Lake View YMCA Pool Rules

1. The lifeguard on duty is the authority in the pool.
2. Children under 9 must be accompanied by an adult at all times.
3. Running, boisterous behavior, rough play, and inappropriate language will not be tolerated.
4. Only Lake View YMCA floatation devices are allowed.
5. Individuals with ear length hair or longer must wear a swim cap.
6. Proper swim attire must be worn in the pool -- no cut-offs or cotton shorts/shirts.
7. Street shoes are not allowed on deck. Protective booties are available in the family locker room.
8. Anyone with bandages, open blisters, cuts or lesions may not enter the water.
9. Diving, flips, twists and backward jumps are not allowed.
10. For the safety of all swimmers, individuals under the age of 14 must pass a deep-water test* before swimming in the deep end.

Exception: those enrolled in Lake View YMCA swim class accompanied by instructor.

* Deep-water test consists of: swimming one lap of the pool (40 yds), treading water for 15 seconds, & floating on back for 15 seconds.

Pool Temperature is 83.5 Degrees.

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