



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULES

June 8 – August 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim/ Family swim 7:00am – 7:00pm	Lap Swim/ Family swim 7:00am – 7:00pm	Lap Swim/ Family swim 7:00am – 7:00pm	Lap Swim/ Family swim 7:00am – 7:00pm	Lap Swim/ Family swim 7:00am – 7:00pm	Lap Swim/ Family swim 7:00am – 12:00pm	Pool closed
Killer Whales (4 lanes) 7:00am – 8:30am	Killer Whales (4 lanes) 7:00am – 8:30am	Killer Whales (4 lanes) 7:00am – 8:30am	Killer Whales (4 lanes) 7:00am – 8:30am	Killer Whales (4 lanes) 7:00am – 8:30am		
	Swim League 8:00am – 8:45am (2 lanes)		Swim League 8:00am – 8:45am (2 lanes)			
Swim Lessons 8:30am – 10:00am (2 lanes)	Swim Lessons 8:30am – 10:00am (2 lanes)	Swim Lessons 8:30am – 10:00am (2 lanes)	Swim Lessons 8:30am – 10:00am (2 lanes)			
Water Aerobics 9:00am – 9:45am (2 lanes)		Water Aerobics 9:00am – 9:45am (2 lanes)			Water Aerobics 9:00am – 9:45am (2 lanes)	
	Water Aerobics 11:00am – 11:45am (2 lanes)		Water Aerobics 11:00am – 11:45am (2 lanes)	Water Aerobics 11:00am – 11:45am (2 lanes)		
	Camp Swim 1:00-3:00pm (2 lanes)		Camp Swim 1:00-3:00pm (2 lanes)	Camp Swim 1:00-3:00pm (2 lanes)		
Swim Lessons 5:30pm – 7:00pm (2 lanes)	Swim Lessons 5:30pm – 7:00pm (2 lanes)	Swim Lessons 5:30pm – 7:00pm (2 lanes)	Swim Lessons 5:30pm – 7:00pm (2 lanes)			
	Swim League 6:00pm – 6:45pm (2 lanes)		Swim League 6:00pm – 6:45pm (2 lanes)			
Pool Closes 7:00pm	Pool Closes 7:00pm	Pool Closes 7:00pm	Pool Closes 7:00pm	Pool Closes 7:00pm	Pool Closes 2:00pm	

Lap Swimming Tips: Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer’s acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

Directions for Adult Lap: 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.

Speed: Please choose a lane with swimmers that most nearly match your speed.

Schedule is Subject to Change: Multiple activities are often scheduled in this pool at the same time.

Color Code Key:

Basic
 Plus
 Premium
 Paid Program

FOUR TOWNES FAMILY YMCA

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