



# North Royalton Family YMCA October 29th- November 30th 2018 Pool Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday					
5:45 AM	<b>Adult Open</b> 5:45-8:50 4 Lanes	Ryd Swim Team 5:30-6:45am 3 Lanes <b>Open</b> 1 Lane	<b>Adult Open</b> 5:45-7:15 4 Lanes 7:15-8:45 2 Lanes	<b>Lap Swim</b> 5:45-10:30am 4 Lanes	<b>Adult Open</b> 5:45-10:30 4 Lanes	Ryd Swim Team 5:30-6:45am 3 lanes <b>Open</b> 1 Lane	<b>Adult Open</b> 5:45-7:15 4 Lanes 7:15-8:45 2 Lanes 8:45-10:30 4 Lanes	<b>Lap Swim</b> 5:45-10:30am 4 Lanes	<b>Adult Open</b> 5:45-6:45pm 3 Lane	<b>Lap Swim</b> 5:45-10:30am 4 Lanes	<b>Open Swim</b> 7:00-9:00am 3 Lanes	RYD Swim Team 7:00-9:00am 5 Lanes	* The Hot Tub is cleaned on Saturdays at close. Please expect the temperature to be cooler on Sunday and Monday. * Saturday, October 27th and Saturday November 10th the pool will close at 12:30pm for an RYD Swim Meet.					
6:00 AM																		
6:30 AM																		
7:00 AM																		
7:30 AM																		
8:00 AM																		
8:30 AM	<b>Lap Swim</b> 6:45-10:30am 4 Lanes	Swim Lessons 8:50-10:30 4 Lanes	Swim Lessons 8:50-10:30 4 Lanes	Shallow Aerobic Walking GX 10:30-11:30 Kim	Shallow Aerobic Walking GX 10:30-11:30 Evelyn Deep Water GX 10:30-11:30 Evelyn	Shallow Aerobic Walking GX 10:30-11:30 Evelyn Deep Water GX 10:30-11:30 Evelyn	Shallow Aerobic Walking GX 10:30-11:30 Evelyn Deep Water GX 10:30-11:30	<b>Lap Swim</b> 10:30-11:30 3 Lanes	Water Walking 10:30-11:30 Gary Deep Water GX 10:30-11:30 Kim	<b>Lap Swim</b> 10:30-11:30 3 Lanes					Swim Lessons 9:00-12:30pm 4 Lanes	<b>Lap Swim</b> 9:00am-4:30pm 4 Lanes	Private lessons 10:00-12:00pm	<b>Lap Swim</b> 10-3:30pm 4 lanes
9:00 AM																		
9:30 AM																		
10:00 AM	Swim Lessons 8:50-10:30 4 Lanes	Shallow GX 10:30-11:30 Kim Deep Water GX 10:30-11:30	Shallow Aerobic Walking GX 10:30-11:30 Evelyn Deep Water GX 11:30-12:30 Kim	Shallow Aerobic Walking GX 10:30-11:30 Evelyn Deep Water GX 11:30-12:30 Kim	MS Class 11:30-12:30 Jen	MS Class 11:30-12:30 Jen	Shallow Aerobic Walking GX 10:30-11:30 Evelyn Deep Water GX 10:30-11:30	<b>Lap Swim</b> 10:30-11:30 3 lanes	Water Walking 10:30-11:30 Gary Deep Water GX 10:30-11:30 Kim	<b>Lap Swim</b> 10:30-11:30 3 Lanes					Swim Lessons 9:00-12:30pm 4 Lanes	<b>Lap Swim</b> 9:00am-4:30pm 4 Lanes	Private lessons 10:00-12:00pm	<b>Lap Swim</b> 10-3:30pm 4 lanes
10:30 AM																		
11:00 AM																		
11:30 AM	<b>Open</b> 11:30-1:00 4 Lanes	Twinges & Hinges 1:00-2:00 3 Lanes	<b>Open</b> 12:30-2:50 4 Lanes	<b>Lap Swim</b> 11:30-2:50pm 4 Lanes	Open 12:30-1pm 4 Lanes Twinges & Hinges 1:00-2:00pm	Open 12:30-1pm 4 Lanes Twinges & Hinges 1:00-2:00pm	Shallow Aerobic Walking GX 10:30-11:30 Evelyn Deep Water GX 10:30-11:30	<b>Lap Swim</b> 11:30-1pm 4 Lanes 1-2pm 3 Lanes 2-2:50pm 4 Lanes	MS Class 11:30-12:30 Jen	<b>Open</b> 12:30-1pm 4 Lanes Twinges & Hinges 1:00-2:00pm	<b>Open</b> 2:00-2:50pm 4 Lanes	Swim Lessons 9:00-12:30pm 4 Lanes	<b>Lap Swim</b> 9:00am-4:30pm 4 Lanes	Private lessons 10:00-12:00pm	<b>Lap Swim</b> 10-3:30pm 4 lanes			
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1:00 PM	Twinges & Hinges 1:00-2:00 3 Lanes	Open 12:30-2:50 4 Lanes	<b>Open</b> 12:30-2:50 4 Lanes	<b>Lap Swim</b> 11:30-2:50pm 4 Lanes	Open 12:30-1pm 4 Lanes Twinges & Hinges 1:00-2:00pm	Open 12:30-1pm 4 Lanes Twinges & Hinges 1:00-2:00pm	Shallow Aerobic Walking GX 10:30-11:30 Evelyn Deep Water GX 10:30-11:30	<b>Lap Swim</b> 11:30-1pm 4 Lanes 1-2pm 3 Lanes 2-2:50pm 4 Lanes	MS Class 11:30-12:30 Jen	<b>Open</b> 2:00-2:50pm 4 Lanes	Swim Lessons 9:00-12:30pm 4 Lanes	<b>Lap Swim</b> 9:00am-4:30pm 4 Lanes	Private lessons 10:00-12:00pm	<b>Lap Swim</b> 10-3:30pm 4 lanes				
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2:30 PM	Open 2:00-2:50pm 4 Lanes	Open 12:30-2:50 4 Lanes	<b>Open</b> 12:30-2:50 4 Lanes	<b>Lap Swim</b> 11:30-2:50pm 4 Lanes	Open 12:30-1pm 4 Lanes Twinges & Hinges 1:00-2:00pm	Open 12:30-1pm 4 Lanes Twinges & Hinges 1:00-2:00pm	Shallow Aerobic Walking GX 10:30-11:30 Evelyn Deep Water GX 10:30-11:30	<b>Lap Swim</b> 11:30-1pm 4 Lanes 1-2pm 3 Lanes 2-2:50pm 4 Lanes	MS Class 11:30-12:30 Jen	<b>Open</b> 2:00-2:50pm 4 Lanes	Swim Lessons 9:00-12:30pm 4 Lanes	<b>Lap Swim</b> 9:00am-4:30pm 4 Lanes	Private lessons 10:00-12:00pm	<b>Lap Swim</b> 10-3:30pm 4 lanes				
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3:30 PM																		
4:00 PM	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes	<b>North Royalton High School</b> 2:50-5:15pm 8 Lanes			
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7:00 PM	MS Class 6:30-7:30 Jen	RYD Age Group/Discovery 7:15-8:45pm 6 Lanes	Shallow / Deep Water GX 7:30-8:30 Lisa/ Renee	RYD Age Group 7:15-8:45pm 5 Lanes	Aerobics 7:30-8:30 Beth	RYD Age Group/Discovery 7:15-8:45pm 6 Lanes	Shallow / Deep Water GX 7:30-8:30 Lisa/ Toni	RYD Age Group/Discovery 7:15-8:25pm 6 Lanes	<b>Family Swim</b> 7:15-9:30pm 4 Lanes	RYD Age Group/Discovery 7:15-8:25pm 6 Lanes	<b>Lap Swim</b> 7:15-9:30pm 4 Lanes	<b>Family Open</b> 5:15-7:15pm 3 Lanes	<b>Family Open</b> 5:15-7:15pm 3 Lanes	<b>Family Open</b> 5:15-7:15pm 3 Lanes	<b>Family Open</b> 5:15-7:15pm 3 Lanes			
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9:30 PM																		
9:30 PM																		
<b>*Pool Schedule Subject to Change</b>																		
MS Class participants must register through the MS Society																		
<b>Pool:</b> Temperature is 82-83 degrees as regulated by the USA Swimming Association																		
<b>Whirl Pool:</b> 104 Degrees, 12 person capacity <b>Sauna:</b> 4 Person Capacity																		
* Please wear proper attire, No Electronics <b>Must follow Test, Mark, Protect Policies</b>																		

