



# North Royalton Family YMCA January 7th- 31st 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	<b>* The Hot Tub is cleaned on Saturdays at close. Please expect the temperature to be cooler on Sunday and Monday. * The pool area will be closed on Saturday, January 26th at 12:30pm for the High School Swim Meet.</b>		
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	Swim Lessons 8:50-10:30 4 Lanes	Shallow Water Walking GX 9:30-10:30 Kim	Shallow Aerobic Walking GX 10:30-11:30 Gary Deep Water GX 10:30-11:30 Kim	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				
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	<b>Lap Swim</b> 10:30-11:30 3 Lanes	Shallow GX 10:30-11:30 Jen Deep Water GX 10:45-11:45 Evelyn	<b>Lap Swim</b> 10:30-11:30 3 lanes	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				
10:30 AM															
11:00 AM	<b>Open</b> 11:30-1:00 4 Lanes	<b>Lap Swim</b> 10:30-11:30 3 Lanes	Water Walking 11:30-12:30 Kim	<b>Lap Swim</b> 11:30-2:50pm 4 Lanes	MS Class 11:30-12:30 Jen	<b>Lap Swim</b> 11:30-1:00 4 Lanes	<b>Open</b> 11:30-2:50pm 4 Lanes	<b>Lap Swim</b> 11:30-2:50pm 4 Lanes	MS Class 11:30-12:30 Jen	<b>Lap Swim</b> 11:30-1pm 4 Lanes	Swim Lessons 9:00-12:30pm 4 Lanes				
11:30 AM															
12:00 PM	Twinges & Hinges 1:00-2:00	<b>Open</b> 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	Twinges & Hinges 1:00-2:00pm	<b>Lap Swim</b> 11:30-1pm 4 Lanes	<b>Open</b> 11:30-2:50pm 4 Lanes	<b>Lap Swim</b> 11:30-2:50pm 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				
12:30 PM															
1:00 PM	<b>Open</b> 2:00-2:50pm 4 Lanes	<b>Open</b> 2:00-2:50pm 4 Lanes	<b>Open</b> 2:00-2:50pm 4 Lanes	<b>Lap Swim</b> 11:30-2:50pm 4 Lanes	<b>Open</b> 2:00pm-2:50pm	<b>Lap Swim</b> 11:30-1pm 4 Lanes	<b>Open</b> 11:30-2:50pm 4 Lanes	<b>Lap Swim</b> 11:30-2:50pm 4 Lanes	<b>Open</b> 2:00-2:50pm 4 Lanes	<b>Open Swim</b> 12:30-4:30 4 Lanes	Swim Lessons 9:00-12:30pm 4 Lanes				
1:30 PM															
2:00 PM	Private Swim Lessons 5:30-6:30	Ryd Presentior 5:15-7:15pm 5 Lanes	Swim Lessons 5:30-7:30 3 Lanes	Ryd Presentior 5:15-7:15pm 5 Lanes	Swim Lessons 5:30-7:30pm 3 Lanes	Ryd Presentior 5:15-7:15pm 5 Lanes	Swim Lessons 5:30-7:30 3 Lanes	Ryd Presentior 5:15-7:15pm 5 Lanes	Swim Lessons 5:30-7:30 3 Lanes	Ryd Presentior 5:15-7:15pm 5 Lanes	<b>Family Open</b> 5:15-7:15pm 3 Lanes	Ryd Presentior 5:15-7:15 5 Lanes	<b>*Pool Schedule Subject to Change</b>		
2:30 PM															
3:00 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
3:30 PM															
4:00 PM															
4:30 PM															
5:00 PM	Private Swim Lessons 5:30-6:30	Ryd Presentior 5:15-7:15pm 5 Lanes	Swim Lessons 5:30-7:30 3 Lanes	Ryd Presentior 5:15-7:15pm 5 Lanes	Swim Lessons 5:30-7:30pm 3 Lanes	Ryd Presentior 5:15-7:15pm 5 Lanes	Swim Lessons 5:30-7:30 3 Lanes	Ryd Presentior 5:15-7:15pm 5 Lanes	Swim Lessons 5:30-7:30 3 Lanes	Ryd Presentior 5:15-7:15pm 5 Lanes	<b>Family Open</b> 5:15-7:15pm 3 Lanes	Ryd Presentior 5:15-7:15 5 Lanes	<b>MS Class participants must register through the MS Society</b>		
5:30 PM															
6:00 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 7:15-8:45pm 6 Lanes	Shallow / Deep Water GX 7:30-8:30 Lisa/ Toni	Ryd Age Group/Discovery 7:15-8:45pm 6 Lanes	<b>Family Swim</b> 7:15-9:30pm 4 Lanes	<b>Lap Swim</b> 7:15-9:30pm 4 Lanes	<b>Pool: Temperature is 82-83 degrees as regulated by the USA Swimming Association</b>		
6:30 PM															
7:00 PM	Aerobics Beth 7:30-8:30	<b>Lap Swim</b> 8:45pm-9:30pm 4 Lanes	<b>Open</b> 8:30-9:30 4 Lanes	<b>Lap Swim</b> 8:45-9:30pm 4 Lanes	<b>Open</b> 8:30-9:30 4 Lanes	<b>Lap Swim</b> 8:45-9:30pm 4 Lanes	<b>Open</b> 8:30-9:30 4 Lanes	<b>Lap Swim</b> 8:45-9:30pm 4 Lanes	<b>Open</b> 8:30-9:30 4 Lanes	<b>Lap Swim</b> 8:45-9:30pm 4 Lanes	<b>Family Swim</b> 7:15-9:30pm 4 Lanes	<b>Lap Swim</b> 7:15-9:30pm 4 Lanes	<b>Whirl Pool: 104 Degrees, 12 person capacity</b>		
7:30 PM															
8:00 PM	<b>Open</b> 8:30-9:30	<b>Lap Swim</b> 8:45pm-9:30pm 4 Lanes	<b>Open</b> 8:30-9:30 4 Lanes	<b>Lap Swim</b> 8:45-9:30pm 4 Lanes	<b>Open</b> 8:30-9:30 4 Lanes	<b>Lap Swim</b> 8:45-9:30pm 4 Lanes	<b>Open</b> 8:30-9:30 4 Lanes	<b>Lap Swim</b> 8:45-9:30pm 4 Lanes	<b>Open</b> 8:30-9:30 4 Lanes	<b>Lap Swim</b> 8:45-9:30pm 4 Lanes	<b>Family Swim</b> 7:15-9:30pm 4 Lanes	<b>Lap Swim</b> 7:15-9:30pm 4 Lanes	<b>Sauna: 4 Person Capacity</b>		
8:30 PM															
9:00 PM	<b>Open</b> 8:30-9:30	<b>Lap Swim</b> 8:45pm-9:30pm 4 Lanes	<b>Open</b> 8:30-9:30 4 Lanes	<b>Lap Swim</b> 8:45-9:30pm 4 Lanes	<b>Open</b> 8:30-9:30 4 Lanes	<b>Lap Swim</b> 8:45-9:30pm 4 Lanes	<b>Open</b> 8:30-9:30 4 Lanes	<b>Lap Swim</b> 8:45-9:30pm 4 Lanes	<b>Open</b> 8:30-9:30 4 Lanes	<b>Lap Swim</b> 8:45-9:30pm 4 Lanes	<b>Family Swim</b> 7:15-9:30pm 4 Lanes	<b>Lap Swim</b> 7:15-9:30pm 4 Lanes	<b>Please wear proper attire, No Electronics</b>		
9:30 PM															
9:30 PM	<b>Must follow Test, Mark, Protect Policies</b>														

