



# LAKWOOD FAMILY YMCA POOL SCHEDULE April 1st - May 25th

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
<b>Open Swim</b> 5:30-8:00am Basin/Ramp	<b>Lap Swim</b> 5:30-7:55am 4 Lanes	<b>Open Swim</b> 5:30-8:00am Basin/Ramp	<b>Lap Swim</b> 5:30-7:55am 4 Lanes	<b>Open Swim</b> 5:30-8:00am Basin/Ramp	<b>Lap Swim</b> 5:30-7:55am 4 Lanes	<b>Open Swim</b> 5:30-8:00am Basin/Ramp	<b>Lap Swim</b> 5:30-7:55am 4 Lanes	<b>Open Swim</b> 5:30-8:00am Basin/Ramp	<b>Lap Swim</b> 5:30-7:55am 4 Lanes	<b>Open Swim</b> 7:00-8:45am Ramp/ Basin	<b>Lap Swim</b> 7:00-8:30am 4 Lanes	<b>Open Swim</b> 9:00am - 4:00pm Ramp/Basin ---- <b>Lap Swim</b> 9:00am - 4:00pm 4 Lanes	
<b>Aqua Jog**</b> 8:00 - 8:45am Deep Water/ Lap Lanes		<b>Aqua Jog**</b> 8:00 - 8:45am Deep Water/ Lap Lanes		<b>Aqua Jog**</b> 8:00 - 8:45am Deep Water/ Lap Lanes		<b>Aqua Jog**</b> 8:00 - 8:45am Deep Water/ Lap Lanes		<b>Aqua Jog**</b> 8:00 - 8:45am Deep Water/ Lap Lanes			<b>Aqua Aerobics</b> 8:30 - 9:15am		
<b>Aqua Aerobics**</b> 8:45 - 9:30am Deep Water/ Lap Lanes		<b>Aqua Aerobics**</b> 8:45 - 9:30am Deep Water/ Lap Lanes		<b>Aqua Aerobics**</b> 8:45 - 9:30am Deep Water/ Lap Lanes		<b>Aqua Aerobics**</b> 8:45 - 9:30am Deep Water/ Lap Lanes		<b>Aqua Aerobics**</b> 8:45 - 9:30am Deep Water/ Lap Lanes			<b>Swim Lessons</b> 8:45-12:00pm Basin/ 1 Lane		
<b>Preschool/Camp**</b> 9:30 - 12:00pm Ramp	<b>Lap Swim</b> 9:35am - 2:55pm 4 Lanes	<b>Adult Open Swim</b> 9:30pm - 12:00pm Ramp Basin	<b>Lap Swim</b> 9:35am-1:55pm 4 Lanes ---- 2:00-2:55pm <u>2 Lanes</u>	<b>Preschool/Camp**</b> 9:30 - 12:00pm Ramp	<b>Lap Swim</b> 9:35am - 2:55pm 4 Lanes	<b>Adult Open Swim</b> 9:30am - 12:00pm Ramp/Basin	<b>Lap Swim</b> 9:35am - 1:55pm 4 Lanes --- 2:00-2:55pm <u>2 Lanes</u>	<b>Adult Open Swim</b> 10:35am - 12:00pm Ramp/ Basin	<b>Silver Splash**</b> 9:30 - 10:30am Deep Water Lanes	<b>Family Open Swim</b> 12:00-4:00 Ramp/ Basin	<b>Aqua Jog</b> 9:15-10:00am		
		<b>Open Swim</b> 12:00pm - 2:55pm Ramp Basin				<b>Open Swim</b> 12:00pm - 2:55pm Ramp/Basin		<b>Open Swim</b> 12:00pm - 2:55pm			<b>Open Swim</b> 12:00pm - 2:55pm		<b>Lap Swim</b> 10:35am - 2:55pm 4 Lanes
<b>Open Swim</b> 12:00pm - 2:55pm Ramp Basin	<b>Open Swim</b> 12:00 - 2:55pm Ramp Basin	<b>Open Swim</b> 12:00pm - 2:55pm Ramp/Basin		<b>Open Swim</b> 12:00pm - 2:55pm Ramp/Basin		<b>Open Swim</b> 12:00pm - 2:55pm	<b>Open Swim</b> 12:00pm - 2:55pm	<b>Open Swim</b> 12:00pm - 2:55pm	<b>Lap Swim</b> 10:50am - 12:00pm <u>3 Lanes</u>		<b>Lap Swim</b> 12:00pm - 4:00pm 4 Lanes		
<b>Arthritis Class**</b> 3:00 - 4:00pm Basin/Ramp/Lanes		<b>Arthritis Class**</b> 3:00 - 4:00pm Basin/Ramp/Lanes		<b>Arthritis Class**</b> 3:00 - 4:00pm Basin/Ramp/Lanes		<b>Arthritis Class**</b> 3:00 - 4:00pm Basin/Ramp/Lanes		<b>Arthritis Class**</b> 3:00 - 4:00pm Basin/Ramp/Lanes					
<b>Open Swim</b> 4:05 - 9:00pm Ramp Basin	<b>Lap Swim</b> 4:05 - 9:00pm 4 Lanes	<b>Open Swim</b> 4:05 - 5:00pm	<b>ADULT Lap Swim</b> 4:05 - 6:55pm <u>3 Lanes ONLY</u>	<b>Open Swim</b> 4:05 - 5:00pm	<b>ADULT Lap Swim</b> 4:05 - 6:55pm <u>3 Lanes ONLY</u>	<b>Open Swim</b> 4:05 - 5:00pm	<b>ADULT Lap Swim</b> 4:05 - 6:55pm <u>3 Lanes ONLY</u>	<b>Open Swim</b> 4:05 - 9:00pm Ramp/ Basin	<b>Lap Swim</b> 4:05 - 9:00pm 4 Lanes	<b>During evening lessons Lap Swim will be ADULT ONLY.</b>			
		<b>Lessons**</b> 5:00 - 7:00pm Ramp/Basin/ 1 Lane		<b>Lessons**</b> 5:00 - 7:00pm Ramp/Basin/ 1 Lane		<b>Lessons**</b> 5:00 - 7:00pm Ramp/Basin/ 1 Lane				<b>Lessons**</b> 5:00 - 7:00pm Ramp/Basin/ 1 Lane	<b>Lessons**</b> 5:00 - 7:00pm Ramp/Basin/ 1 Lane		<b>Lessons**</b> 5:00 - 7:00pm Ramp/Basin/ 1 Lane
		<b>Aqua Jog**</b> 7:00 - 7:45pm 4 Lanes		<b>AquaAerobic</b> 7:00-7:45pm**	<b>AquaJog**</b> 7:00 - 7:45pm	<b>AquaJog**</b> 7:00 - 7:45pm	<b>AquaBoot Camp</b> 7:00-7:45pm**				<b>MUST FOLLOW TEST. MARK. PROTECT. POLICIES</b>		
		<b>OpenSwim</b> 7:50-9:00pm Ramp/Basin	<b>LapSwim</b> 7:50-9:00pm 4 Lanes	<b>Open Swim</b> 7:50-9:00pm Ramp/Basin	<b>Lap Swim</b> 7:50-9:00pm 4 Lanes	<b>Open Swim</b> 7:50-9:00pm Ramp/Basin	<b>Lap Swim</b> 7:50-9:00pm 4 Lanes			<b>Open Swim</b> 7:50-9:00pm Ramp/Basin	<b>Lap Swim</b> 7:50-9:00pm 4 Lanes	<b>Pool: 84-86* Spa: 104*</b>	
<b>Private lessons can happen at any time.</b>													