



North Royalton Family YMCA February 2018 Pool Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday														
5:45 AM	Adult Open 5:45-8:50 4 Lanes	RYD Swim Team 5:30-6:30 3 Lanes 1 Open	Adult Open 5:45-8:50 4 Lanes	Lap Swim 5:45-10:30am 4 Lanes	Adult Open 5:45-10:30 4 Lanes	Lap Swim 6:30-10:30 4 Lanes	Adult Open 5:45-10:30 4 Lanes	Lap Swim 5:45-10:30am 4 Lanes	Adult Open 5:45-9:00 4 Lanes	Lap Swim 5:45-10:30 4 Lanes	Open Swim 7:00-9:00 am 3 Lanes	RYD Swim Practice 7-9am 5 Lanes	Private lessons 10:00-12:00pm	Lap Swim 10-3:30pm 4 lanes													
6:00 AM																											
6:30 AM																											
7:00 AM															Lap Swim 6:30-10:30 4 Lanes												
7:30 AM																											
8:00 AM																											
8:30 AM																											
9:00 AM		Swim Lessons 8:50-10:30 4 Lanes														Swim Lessons 8:50-10:30 4 Lanes						Shallow Water Walking GX 9:30-10:30 Evelyn					
9:30 AM																											
10:00 AM																											
10:30 AM	Shallow GX 10:30-11:30 Lisa	Lap Swim 10:30-11:30 3 Lanes	Shallow GX 10:30-11:30 Evelyn	Lap Swim 10:30-11:30 3 Lanes	Shallow GX 10:30-11:30 Jen	Lap Swim 2 lanes 10:30-11:30am Deep Water GX 10:45-11:45 Evelyn	Shallow GX 10:30-11:30 Evelyn	Lap Swim 10:30-11:30 3 Lanes	Water Walking 10:30-11:30 Gary	Lap Swim 10:30-11:30 3 Lanes	Swim Lessons 9:00-12:45pm 4 Lanes	Lap Swim 9:00-4:30pm 4 Lanes	Family Open 12:00-3:30 PM	Lap Swim 10-3:30pm 4 lanes													
11:00 AM	Deep Water GX 10:30-11:30		Deep Water GX 10:30-11:30 Kim		Deep Water GX 10:45-11:45 Evelyn		Deep Water GX 10:30-11:30 Lisa		Deep Water GX 10:30-11:30 Evelyn						MS Class 11:30-12:30 Jen	Deep Water GX 10:30-11:30 Evelyn											
11:30 AM	Open 11:30-1:00 4 Lanes	Lap Swim 11:30-2:50 4 Lanes	Water Walking 11:30-12:30 Kim	Lap Swim 11:30-2:50 4 Lanes	Open 12:30-1	Lap Swim 11:30-2:50 4 Lanes	Open 11:30-2:50 4 Lanes	Lap Swim 11:30-2:50 4 Lanes	Open 11:30-2:50 4 Lanes	Lap Swim 11:30-2:50 4 Lanes	Open 12:45-4:30 4 Lanes	Open Swim 12:45-4:30 4 Lanes	Family Open 12:00-3:30 PM	Lap Swim 10-3:30pm 4 lanes													
12:00 PM																											
12:30 PM																											
1:00 PM			Twinges & Hinges 1:00-2:00													Open 12:30-2:50pm 4 Lanes			Twinges & Hinges 1:00-2:00			Twinges & Hinges 1:00-2:00					
1:30 PM																											
2:00 PM			Open 2:00-2:50 4 Lanes																								
2:30 PM																											
3:00 PM																											
3:30 PM	North Royalton High School Practice 2:50-5:15 8 Lanes	North Royalton High School Practice 2:50-5:15 8 Lanes	North Royalton High School Practice 2:50-5:15 8 Lanes	North Royalton High School Practice 2:50-5:15 8 Lanes	North Royalton High School Practice 2:50-5:15 8 Lanes	North Royalton High School Practice 2:50-5:15 8 Lanes	North Royalton High School Practice 2:50-5:15 8 Lanes	North Royalton High School Practice 2:50-5:15 8 Lanes	North Royalton High School Practice 2:50-5:15 8 Lanes	North Royalton High School Practice 2:50-5:15 8 Lanes	North Royalton High School Practice 2:50-5:15 8 Lanes	North Royalton High School Practice 2:50-5:15 8 Lanes	North Royalton High School Practice 2:50-5:15 8 Lanes	North Royalton High School Practice 2:50-5:15 8 Lanes													
4:00 PM																											
4:30 PM																											
5:00 PM																											
5:30 PM	RYD Practice Pre-Senior 5:15-7:15 6 Lanes	Private Swim Lessons	RYD Practice Pre-Senior 5:15-7:15 6 Lanes	Swim Lessons 5:30-7:30 2 Lanes	RYD Practice Pre-Senior 5:15-7:15 6 Lanes	Swim Lessons 5:30-7:30 2 Lanes	RYD Practice Pre-Senior 5:15-7:15 6 Lanes	Swim Lessons 5:30-7:30 2 Lanes	RYD Practice Pre-Senior 5:15-7:15 6 Lanes	Swim Lessons 5:30-7:30 2 Lanes	Open Swim 5:15-7:00 2 Lanes	Open Swim 5:15-7:00 2 Lanes	Open Swim 5:15-7:00 2 Lanes	Open Swim 5:15-7:00 2 Lanes													
6:00 PM																											
6:30 PM															MS Class 6:30-7:30 Jen												
7:00 PM																											
7:30 PM	RYD Practice Age Group 7:15-8:45	Aerobics 7:30-8:30 Beth	RYD Practice Age Group 7:15-8:45	Water Exer. 7:30-8:30 Renee/Lisa	RYD Practice Age Group 7:15-8:45	Aerobics 7:30-8:30 Beth	RYD Practice Age Group 7:15-8:45	Water Exer. 7:30-8:30 Renee/Lisa	RYD Practice Age Group 7:15-8:45	Water Exer. 7:30-8:30 Renee/Lisa	Open Swim 7:00pm-9:30pm 4 Lanes	Lap Swim 7:15-9:30pm 4 Lanes	Whirl Pool: 104 Degrees, 12 person capacity Sauna: 4 Person Capacity	* Please wear proper attire, No Electronics Must follow Test, Mark, Protect Policies													
8:00 PM	Discovery 7:15-8:15 6 lanes	Lap Swim 8:15-8:45 2 Lanes			Discovery 7:15-8:15 6 lanes	Lap Swim 8:15-8:45 2 Lanes			Discovery 7:15-8:15 6 lanes	Lap Swim 8:15-8:45 2 Lanes																	
8:30 PM																											
9:00 PM	Open 8:45-9:30 4 Lanes	2 Lanes 8:45-9:30	Open 8:45-9:30 4 Lanes	Lap Swim 8:45-9:30 4 Lanes	Open 8:45-9:30 4 Lanes	Lap Swim 8:45-9:30 4 Lanes	Open 8:45-9:30 4 Lanes	Lap Swim 8:45-9:30 4 Lanes	Open 8:45-9:30 4 Lanes	Lap Swim 8:45-9:30 4 Lanes					Open 8:45-9:30 4 Lanes	Lap Swim 8:45-9:30 4 Lanes	Open 8:45-9:30 4 Lanes										
9:30 PM																											

***Pool Schedule Subject to Change**

MS Class participants must register through the MS Society

Pool: Temperature is 82-83 degrees as regulated by the USA Swimming Association

Whirl Pool: 104 Degrees, 12 person capacity

Sauna: 4 Person Capacity

* Please wear proper attire, No Electronics
Must follow Test, Mark, Protect Policies

