



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WARM WATER POOL SCHEDULE

Monday

5:30-8 Free Swim (1-2)
5:30-8 Lap Swim (3-4)

8-9 Fitness (1-3)
8-9 Lap Swim (4)

9-10 Free Swim (1-2)
9-10 Lap Swim (3-4)

10-11:30 Free Swim (1-2)
10-11:30 Lessons (3-4)

11:30-2:30 Free Swim (1)
11:30-2:30 Fitness (2-4)

2:30-4 Free Swim (1-3)
2:30-4 Lap Swim (4)

4-6:30 Free Swim (1-2)
4-6:30 Lessons (3-4)

6:30-8:45 Free Swim (1-2)
6:30-8:45 Fitness (3-4)

Tuesday

5:30-8 Free Swim (1-2)
5:30-8 Lap Swim (3-4)

8-1 Free Swim (1)
8-1 Fitness (2-4)

1-6:30 Free Swim (1-2)
1-6:30 Lessons (3-4)

6:30-7:30 Free Swim (1-2)
6:30-7:30 Fitness (3-4)

7:30-8:45 Free Swim (1-4)

2:30-4 Free Swim (1-3)
2:30-4 Lap Swim (4)

4-6:30 Free Swim (1-2)
4-6:30 Lessons (3-4)

6:30-8:45 Free Swim (1-2)
6:30-8:45 Fitness (3-4)

Wednesday

5:30-8 Free Swim (1-2)
5:30-8 Lap Swim (3-4)

8-9 Fitness (1-3)
8-9 Lap Swim (4)

9-10:30 Free Swim (1-2)
9-10:30 Lap Swim (3-4)

10:30-2:30 Free Swim (1)
10:30-2:30 Fitness (2-4)

2:30-4 Free Swim (1-3)
2:30-4 Lap Swim (4)

4-6:30 Free Swim (1-2)
4-6:30 Lessons (3-4)

6:30-8:45 Free Swim (1-2)
6:30-8:45 Fitness (3-4)

Thursday

5:30-8 Free Swim (1-2)
5:30-8 Lap Swim (3-4)

8-1 Free Swim (1)
8-1 Fitness (2-4)

1-6:30 Free Swim (1-2)
1-6:30 Lessons (3-4)

6:30-7:30 Free Swim (1-2)
6:30-7:30 Fitness (3-4)

7:30-8:45 Free Swim (1-4)

2:30-4 Free Swim (1-3)
2:30-4 Lap Swim (4)

4-6:30 Free Swim (1-2)
4-6:30 Lessons (3-4)

6:30-8:45 Free Swim (1-2)
6:30-8:45 Fitness (3-4)

Friday

5:30-8 Free Swim (1-2)
5:30-8 Lap Swim (3-4)

8-9 Fitness (1-3)
8-9 Lap Swim (4)

9-10 Free Swim (1-2)
9-10 Lap Swim (3-4)

10-11:30 Free Swim (1-2)
10-11:30 Lessons (3-4)

11:30-12:30 Fitness (1-2)
11:30-12:30 Swim Lessons (3-4)

12:30-4 Free Swim (1-3)
12:30-4 Lap Swim (4)

4-7 Free Swim (1-2)
4-7 Lessons (3-4)

Saturday

7-8 Free Swim (1-2)
7-8 Lap Swim (3-4)

8-9 Free Swim (1)
8-9 Fitness (2-4)

9-12:30 Lessons (1-4)

12:30-6:30 Free Swim (1-4)

Sunday

10-2 Free Swim (1-4)

2-5:30 Free Swim (1-2)
2-5:30 Lessons (3-4)

BIRTHDAY PARTY USAGE:

SATURDAYS:

12:30-1:30, 2:00-3:00, 4:00-5:00

SUNDAYS:

1:00-2:00

*In the event a member has a birthday party, lanes 3-4 are reserved for the group.

SOUNDVIEW FAMILY YMCA

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Effective: 4/23/2012-6/17/2012



**FOR YOUTH DEVELOPMENT
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COMPETITION POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:30 Lap Swim (1-3) 5:30-7:30 Masters (4-6)	5:30-7:30 Lap Swim (1-3) 5:30-7:30 Swim Team (4-6)	5:30-7:30 Lap Swim (1-3) 5:30-7:30 Masters (4-6)	5:30-8 Lap Swim (1-3) 5:30-8 Swim Team (4-6)	5:30-7:30 Lap Swim (1-3) 5:30-7:30 Masters (4-6)	7:00-9:00 Swim Team (1-6)	10-2 Lap Swim (1-6)
7:30-9 Free Swim (1-2) 7:30-9 Lap Swim (3-6)	7:30-5:00 Free Swim (1-2) 7:30-5:00 Lap Swim (3-6)	7:30-9 Free Swim (1-2) 7:30-9 Lap Swim (3-6)	8-4:30 Free Swim (1-2) 8-4:30 Lap Swim (3-6)	7:30-9 Free Swim (1-2) 7:30-9 Lap Swim (3-6)	9-10 Fitness (1-3) 9-10 Lap Swim (4-6)	2-3:30 Free Swim (1-2) 2-3:30 Lap Swim (3-6)
9-10:30 Fitness (1-4) 9-10:30 Lap Swim (5-6)	5:00-5:45 Swim Team (1-4) 5:00-5:45 Lap Swim (5-6)	9-10:30 Fitness (1-4) 9-10:30 Lap Swim (5-6)	4:30-7:15 Swim Team (1-5) 4:30-7:15 Lap Swim (6)	9-10:30 Fitness (1-4) 9-10:30 Lap Swim (5-6)	10-11 Porpoise Club (1-2) 10-11 Lap Swim (3-6)	3:30-4:30 Lessons (1-2) 3:30-4:30 Lap Swim (3-6)
10:30-4:30 Free Swim (1-2) 10:30-4:30 Lap Swim (3-6)	5:45-7:30 Swim Team (1-5) 5:45-7:30 Lap Swim (6)	10:30-4:30 Free Swim (1-2) 10:30-4:30 Lap Swim (3-6)	7:15-8:45 Tri-Training (1-3) 7:15-8:45 Lap Swim (4-6)	10:30-5:00 Free Swim (1-2) 10:30-5:00 Lap Swim (3-6)	11-4 Free Swim (1-2) 11-4 Lap Swim (3-6)	4:30-5:30 Free Swim (1-2) 4:30-5:30 Lap Swim (3-6)
4:30-6:30 Swim Team (1-6)	7:30-8:45 Lap Swim (1-6)	4:30-6:30 Swim Team (1-6)		5:00-7:00 Swim Team (1-5) 5:00-7:00 Lap Swim (6)	4-6:30 Lap Swim (1-6)	
6:30-8:45 Lap Swim (1-6)		6:30-8 Porpoise Club (1-2) 6:30-8 Lap Swim (3-6)				
		8-8:45 Lap Swim (1-6)				