

LAP POOL SCHEDULE

Southdale YMCA 952-835-2567
September 12th - October 30th 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
5:30 AM	5:00 - 7:10 am Aqua Jog (1) Lap Swim (5)	5:00 - 7:10 am Aqua Jog (1) Lap Swim (3) Masters (2)	5:00 - 7:10 am Aqua Jog (1) Lap Swim (5)	5:00 - 7:10 am Aqua Jog (1) Lap Swim (3) Masters (2)	5:00 - 7:10 am Aqua Jog (1) Lap Swim (5)		
6:00 AM							
6:30 AM							
7:00 AM	7:15 - 8:00 am Deep Water X Power (5) Lap Swim (1)	7:15 - 8:00 am Deep Water X Power (5) Lap Swim (1)	7:15 - 8:00 am Deep Water X Power (5) Lap Swim (1)	7:15 - 8:00 am Deep Water X Power (5) Lap Swim (1)	7:15 - 8:00 am Deep Water X Power (5) Lap Swim (1)	6:00 - 8:15 am Aqua Jog (1) Lap Swim (3) Masters (2)	6:00 - 8:00 am Swim Team (4) Lap Swim (2)
7:30 AM							
8:00 AM							
8:30 AM	8:00 - 10:00 am Aqua Jog (1) Lap Swim (5)			8:00 - 9:25 am Aqua Jog (1) Lap Swim (5)	8:00 - 10:00 am Aqua Jog (1) Lap Swim (5)	8:15 - 9:00 am Water X Power (4) Lap Swim (2)	
9:00 AM							
9:30 AM							
10:00 AM	10:00am - 12:00 pm Swim Lessons (1) Aqua Jog (1) Lap Swim (4)	8:00 am - 1:30 pm Aqua Jog (1) Lap Swim (5)		9:25 am - 12:00 pm Swim Lessons (1) Aqua Jog (1) Lap Swim (4)	10:00am - 12:00 pm Swim Lessons (1) Aqua Jog (1) Lap Swim (4)	9:00 am - 1:00 pm Swim Lessons (3) Lap Swim (3)	8:00 - 11:15 am Swim Lessons (2) Lap Swim (4)
10:30 AM							
11:00 AM							
11:30 AM	12:00 - 1:00 pm Aqua Jog (1) Lap Swim (5)		8:00 am - 5:00 pm Aqua Jog (1) Lap Swim (5)	12:00 - 1:30 pm Aqua Jog (1) Lap Swim (5)			11:15 am - 3:00 pm Aqua Jog (1) Open Swim (1) Lap Swim (4)
12:30 PM							
1:00 PM							
1:30 PM	1:00- 3:00 pm Navy (3) Lap Swim (3)	1:30 - 3:30 pm Homeschool (2) Lap Swim (4)		1:30 - 3:30 pm Homeschool (2) Lap Swim (4)	12:00 - 4:30 pm Aqua Jog (1) Lap Swim (5)	1:00 - 5:00 pm Swim Team (5) Lap Swim (1)	
2:00 PM							
2:30 PM							
3:00 PM	3:00 - 4:00 pm Aqua Jog (1) Lap Swim (5)				4:30 - 7:00 pm Swim Lessons (2) Lap Swim (4)	5:00 - 9:00 pm Aqua Jog (1) Open Swim (1) Lap Swim (4)	3:00 - 7:00 pm Swim Lesson (3) Lap Swim (3)
3:30 PM							
4:00 PM							
4:30 PM	4:00 - 6:15 pm Swim Lessons (3) Lap Swim (3)	3:30 - 8:30 pm Swim Team (5) Lap Swim (1)		5:00 - 6:30 pm Swim Team (5) Lap Swim (1)	3:30 - 8:30 pm Swim Team (5) Lap Swim (1)		
5:00 PM							
5:30 PM							
6:00 PM	6:15 - 10:00 pm Aqua Jog (1) Open Swim (1) Lap Swim (5)	8:30 - 10:00 pm Aqua Jog (1) Open Swim (1) Lap Swim (5)		6:30 - 8:40 pm Swim Lessons (4) Lap Swim (2)	7:00- 10:00 pm Aqua Jog (1) Open Swim (1) Lap Swim (5)		7:00 - 9:00 pm Aqua Jog (1) Open Swim (1) Lap Swim (4)
6:30 PM							
7:00 PM							
7:30 PM				8:40 - 10:00 pm Aqua Jog (1) Open Swim (1) Lap Swim (5)	8:30 - 10:00 pm Aqua Jog (1) Open Swim (1) Lap Swim (5)		
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

The designated number of lanes used for a particular activity are listed next to that activity ex. Open Swim (3). Additional lanes may be added or eliminated depending on participant numbers. Classes are subject to cancellation due to low attendance/enrollment.

Private and Semi-Private Swim Lessons are on a flex schedule and will occupy an open swim or lap swim lane.

Children 15 years of age and under must be accompanied by an adult (at least 18) in the water unless they can pass the appropriate swim test.

For the safety of our members and guests - five to fifteen minute 'Safety Breaks' will be called at the discretion of the lifeguards on duty.

Actual Mile= 70.4 lengths, 35.2 laps

Pool Temp: 81 - 82 Degrees

If you have any questions or concerns with the Lap Pool Schedule please feel free to contact the Aquatics Department.

Pool schedule is subject to change at the discretion of the Lifeguard.