



## Competition Pool Schedule November 5th - December 31st

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

TIME	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
<b>Pool Opens @ 5:30am</b>	*Lap swim <b>Open Lanes (8)</b> 5:30am-7am	<b>LY Swim Team</b> *Lap Swim <b>Open Lanes (2)</b> 5:30am-7am	*Lap Swim <b>Open Lanes (8)</b> 5:30am-7am	*Lap Swim <b>Open Lanes (8)</b> 5:30am-7am	*Lap Swim <b>Open Lanes (8)</b> 5:30am-7am	Lap Swim ( ) = # of Open Lanes	Water Fitness
7:00am	*Lap swim <b>Open Lanes (8)</b> 7:00am-9am	*Lap swim <b>Open Lanes (8)</b> 7:00am-9am	*Lap swim <b>Open Lanes (8)</b> 7:00am-9am	*Lap swim <b>Open lanes (8)</b> 7:00am-9am	*Lap swim <b>Open Lanes (8)</b> 7:00am-9am	<b>Pool Opens @ 7am</b> <b>Open Lanes (8)</b> 7am-9am	<b>LY Swim Team &amp; Masters</b>
9:00am	Deep H2O 9am-10am  *Lap swim <b>Open Lanes (5)</b> 9:00am-10am	Deepwater Cardio Combo 9am-10am  *Lap swim <b>Open Lanes (5)</b> 9:00am-10am	Deep H2O 9am-10am  *Lap swim <b>Open Lanes (5)</b> 9:00am-10am	Deepwater Cardio Combo 9am-10am  *Lap swim <b>Open Lanes (5)</b> 9:00am-10am	Deep H2O 9am-10am  *Lap swim <b>Open Lanes (5)</b> 9:00am-10am	Aqua Zumba 9am-10am  *Lap swim <b>Open Lanes (4)</b> 9:00am-10am	Pool Opens & Closes
10:00am	*Lap swim <b>Open Lanes (8)</b> 10:00am-11am	*Lap Swim <b>Open lanes (8)</b> 10:00am-11am	*Lap Swim <b>Open lanes (8)</b> 10:00am-11am	*Lap Swim <b>Open lanes (8)</b> 10:00am-11am	*Lap swim <b>Open Lanes (8)</b> 10:00am-11am	*Lap swim <b>Open Lanes (8)</b> 10:00am-11am	High School Swim Team/ Swim Meet
11:00am	<b>Master's Swim</b> <b>Open Lanes (2)</b> 11:00am-12pm	*Lap Swim <b>Open lanes (8)</b> 11:00am-12pm	*Lap Swim <b>Open lanes (8)</b> 11:00am-12pm	*Lap Swim <b>Open lanes (8)</b> 11:00am-12pm	*Lap Swim <b>Open lanes (8)</b> 11:00am-12pm	*Lap Swim <b>Open lanes (8)</b> 11:00am-12pm	
12:00pm	*Lap swim <b>Open Lanes (8)</b> 12:00pm-3pm	*Lap Swim <b>Open lanes (8)</b> 12:00pm-3pm	*Lap swim <b>Open Lanes (8)</b> 12:00pm-3pm	*Lap Swim <b>Open lanes (8)</b> 12:00pm-3pm	*Lap Swim <b>Open lanes (8)</b> 12:00pm-3pm	*Lap Swim <b>Open lanes (8)</b> 12:00pm-3pm	Pool Opens @ 12pm  *Lap Swim <b>Open lanes (8)</b> 12:00pm-3pm
3:00pm	High School Swim Team 3pm-4:15pm  *Lap Swim <b>Open Lanes (2)</b> 3pm-4:15pm	High School Swim Team 3pm-4:15pm  *Lap Swim <b>Open Lanes (2)</b> 3pm-4:15pm	High School Swim Team 3pm-4:15pm  *Lap Swim <b>Open Lanes (2)</b> 3pm-4:15pm	High School Swim Team 3pm-4:15pm  *Lap Swim <b>Open Lanes (2)</b> 3pm-4:15pm	High School Swim Team 3pm-4:15pm  *Lap Swim <b>Open Lanes (2)</b> 3pm-4:15pm	*Lap Swim <b>Open lanes (8)</b> 3pm-4:15pm	LY Swim Team 3pm-4pm  *Lap Swim <b>Open Lanes (5)</b>
4:15pm	LY Swim Team 4:15pm-6:15pm  *Lap Swim <b>Open Lanes (0)</b> 4:15pm-5:45pm  *Lap Swim <b>Open Lanes (2)</b> 5:45pm-6:15pm	LY Swim Team 4:15pm-6:15pm  *Lap Swim <b>Open Lanes (0)</b> 4:15pm-5:45pm  *Lap Swim <b>Open Lanes (2)</b> 5:45pm-6:15pm	LY Swim Team 4:15pm-6:15pm  *Lap Swim <b>Open Lanes (0)</b> 4:15pm-5:45pm  *Lap Swim <b>Open Lanes (2)</b> 5:45pm-6:15pm	LY Swim Team 4:15pm-6:15pm  *Lap Swim <b>Open Lanes (0)</b> 4:15pm-5:45pm  *Lap Swim <b>Open Lanes (2)</b> 5:45pm-6:15pm	LY Swim Team 4:15pm-6:15pm  *Lap Swim <b>Open Lanes (0)</b> 4:15pm-5:45pm  *Lap Swim <b>Open Lanes (5)</b> 5:45pm-6:15pm	*Lap Swim <b>Open Lanes (8)</b> 4pm-5:45pm  <b>Pool Closes @ 5:45pm</b>	LY Swim Team 4:00pm-5:45pm  *Lap Swim <b>Open Lanes (3)</b>  <b>Pool Closes @ 5:45pm</b>
5:45pm	Aqua Tone 5:45-6:45pm <b>Open Lanes (2)</b> 6:15pm-6:45pm <b>Open Lanes (5)</b>	Aqua Zumba 5:45-6:45pm <b>Open Lanes (2)</b> 6:15pm-6:45pm <b>Open Lanes (5)</b>	Aqua Boot Camp 5:45-6:45pm <b>Open Lanes (2)</b> 6:15pm-6:45pm <b>Open Lanes (5)</b>	Aqua Zumba 5:45-6:45pm <b>Open Lanes (2)</b> 6:15pm-6:45pm <b>Open Lanes (5)</b>	*Lap Swim <b>Open Lanes (5)</b> 5:45pm-6:15pm <b>Open Lanes (8)</b> 6:15pm-6:30pm	Comp Pool Temp: 80 - 82 Number of lanes: 8 lanes Distance: 1 length = 25 yards 35 laps = 1 mile	
6:45pm	*Lap swim <b>Open Lanes (8)</b> 6:45pm-8pm	*Lap swim <b>Open Lanes (8)</b> 6:45pm-8pm	*Lap swim <b>Open Lanes (8)</b> 6:45pm-8pm	*Lap swim <b>Open Lanes (8)</b> 6:45pm-8pm	High School Swim Meet  <b>Pool Closes @ 6:30pm</b>		
8:00pm	High School Swim Team 8pm-9:15pm * <b>Open Lanes (3)</b>	High School Swim Team 8pm-9:15pm * <b>Open Lanes (3)</b>	High School Swim Team 8pm-9:15pm * <b>Open Lanes (3)</b>	High School Swim Team 8pm-9:15pm * <b>Open Lanes (3)</b>	<b>Pool Closes @ 6:30pm</b>		
<b>Pool Closes @ 9:45pm</b>	*Lap Swim <b>Open lanes (8)</b> 9:15pm-9:45pm	*Lap Swim <b>Open lanes (8)</b> 9:15pm-9:45pm	*Lap Swim <b>Open lanes (8)</b> 9:15pm-9:45pm	*Lap Swim <b>Open lanes (8)</b> 9:15pm-9:45pm	<b>*Schedule is subject to change</b>		

Deep H2O: A great non-impact workout using floatation devices in the deep water.

Combo H2O: A combination of deep and shallow water workouts that focus on cardio conditioning.

Aqua Zumba: A fun high energy class designed to get you moving. This class is great for cardio conditioning.

Aqua Tone: A combination of fat burning cardio and muscle toning techniques.

Aqua Boot Camp: A high intensity, high energy water workout. Combining aspects of deep and shallow water training this is an entire body workout and a guaranteed calorie burner.

The Masters Swim is a free program designed for swimmers who want to improve stroke technique and work on endurance.

Our coach will be able to give you a challenging and beneficial workout for your level of swimming.

**Monday 11 am — 12pm**

### Circle swim: Circle Swimming Etiquette:

- \* Please swim in a counter-clockwise pattern.
- \* Notify all swimmers in a lane before you enter and begin swimming.
- \* When entering a lane please give the current swimmer the right of way.
- \* Please limit the amount of time you rest at the end of the lane and move out of the way of other swimmers.
- \* A lifeguard may ask you to move to another lane. Please comply, as this will make swimming safer & more enjoyable for all.