



PARKWOOD YMCA POOL SCHEDULE - FALL II October 22- December 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-8:55am Lap Swim (All Lanes)	5:30-8:55am Lap Swim (All Lanes)	5:30-8:55am Lap Swim (All Lanes)	5:30-8:55am Lap Swim (All Lanes)	5:30-8:55am Lap Swim (All Lanes)	7:00-9:30am Lap Swim (All Lanes)	7:00-Noon Lap Swim (All Lanes)
9:00-9:50am Water Aerobics (No Lap Lanes)	9:00-9:45am Water Aerobics (1 Lap Lane)	9:00-9:50am Water Aerobics (No Lanes)	9:00-9:45am Water Aerobics (1 Lap Lane)	9:00-9:50am Water Aerobics (No Lap Lanes)	9:30-12:00p (1 Lap Lane) (4 Lesson)	12-4:30pm (3 Lap Lanes) (2 Family)
10-10:40am Water Aerobics (No Lanes)	9:45-10:30am Arthritis Class (No Lap Lanes)	10-10:40am Water Aerobics (No Lanes)	9:45-10:30am Arthritis Class (No Lap Lanes)	10-10:40am Water Aerobics (No Lap Lanes)		
10:45-11:30am Water Aerobics 1 Lap Lane	10:45-11:30am Lap Swim (All Lanes)	10:45-11:30am Water Aerobics 1 Lap Lane	10:45-11:30 Lap Swim (All Lanes)	10:45-11:30am Water Aerobics 1 Lap Lane		
11:30-1:00pm Lap Swim (All Lanes)	11:30-Noon (4 Lap Lanes) (1 Lesson Lane)	11:30-1:00pm (3 Lap Lanes)	11:30-1:00pm Lap Swim (All Lanes)	11:30-1:00pm Lap Swim (All Lanes)	12-1:00pm Lap Swim (All Lanes)	
	Noon - 1:00pm Lap Swim (All Lanes)					
1:00-5:00pm (3 Lanes Lap) (2 Family)	1:00-5:00pm (3 Lanes Lap) (2 Family)	1:00-5:30pm (3 Lanes Lap) (2 Family)	1:00-5:00pm (3 Lanes Lap) (2 Family)	1:00-7:30pm (3 Lanes Lap) (2 Family)	1:00-6:30pm (2 Lanes Lap) (3 Family)	
5:00-6:25pm (3 Lap Lanes) (2 Lessons)	5:00-6:25pm (3 Lap Lanes) (2 Lessons)	5:30-6:00pm (3 Lap Lanes) (2 Lessons)	5:00-6:25pm (3 Lap Lanes) (2 Lessons)			
6:30-9:00pm (2 Lap Lanes) (3 Lesson Lanes)	6:30- 7:30pm (1 Lap Lane) (4 Lesson)	6:00-7:00pm (2 Lap Lanes) (3 Lesson)	6:30-7:45pm (1 Lap Lanes) (4 Lessons)			<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Aquatic Director Theresa Sheridan tsheridan@ymcaoflansing.org 517-827-9680</p> </div>
	7:45-9:00pm (3 Lap Lanes) (2 Family)	7:00-8:00pm Swim Club	7:45-9:00pm Lap Swim (All Lanes)			
	7:45-8:30pm Water Aerobics					
						4:30-5:30pm Swim Club (No Lanes)

PARKWOOD YMCA AQUATIC INFORMATION

SWIM LESSONS

Fall 2: October 22 - December 16 No classes week of November 20-25

January 2018 session begins January 8th

LAP SWIM

We ask that all be respectful of others and share lanes as needed. Use Split Lane or Circle Swim.

YOUTH SWIMMERS

All swimmers under the age of 13 must take and pass the YMCA swim test prior to entering the pool. The test consists of 1/2 length on their front, 1/2 on their back and ability to tread water for 30 seconds.

Ages 4 & under: Must have a parent in the water with the child.

Ages 5-8 years old: Parent must remain on the deck while child is in the pool or in the pool area.

Children unable to swim are required to wear a coast guard approved lifejacket. The Parkwood YMCA does have jackets available for use.