



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PARKWOOD YMCA POOL SCHEDULE

June 3<sup>rd</sup>- Sept. 3<sup>rd</sup>

**Swim Lessons**  
Summer begins June 12<sup>th</sup>  
See swim lesson Schedule.

**Lap Swim**  
Please be aware of others. Use Split Lane or Circle Swim.

**Family Swim**  
All Swimmers Under 13 must Take a swim Test prior to entering the pool. Swim test is ½ length on the front ½ a length on back and tread water for 30 secs. Under age 4 must have a parent in the water with child. 5-8yrs parent must remain on deck. Non-Swimming children are required to wear a coast guard approved lifejacket.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:25am Lap Swim (all lanes)	5:30-8:55am Lap Swim (all lanes)	5:30-8:25am Lap Swim (all lanes)	5:30-8:55am Lap Swim (all lanes)	5:30-8:25am Lap Swim (all lanes)		
8:30-9:15am Water Aerobics (no lanes)	9:00-10:00a Water Aerobics 1 Lane	8:30-9:15am Water Aerobics (no lanes)	9:00-10:00a Water Aerobics 1 Lane	8:30-9:15a Water Aerobics (no lanes)	7:00-9:30a 5 Lanes	7:00-11:30am Lap Swim (all lanes)
9:15-10:00a Water Aerobics (no lanes)		9:15-10:00a Water Aerobics (no lanes)		9:15-10:00a Water Aerobics (no lanes)	9:30-11:45a 2 Lap 3 Lesson	11:30-5:30p 3 Lap Lanes 2 Family
10:00-11:30a No Lanes Camp Lesson	10:00-11:30a No Lanes Camp Lesson	10:00-11:30a No Lanes Camp Lesson	10:00-11:30a No Lanes Camp Lesson	10:00-11:30a Camp	11:45-6:30p 3 Lap 2 Family	
11:30-1:15p Lap 5 Lanes 1 Lesson Lane 11:30-12:00p	11:30-1:15p Lap 5 Lanes 1 Lesson Lane 11:30-12:00p	11:30-1:15p Lap 5 Lanes 1 Lesson Lane 11:30-12:00p	11:30-1:15p Lap 5 Lanes 1 Lesson Lane 11:30-12:00	11:30-1:15 Lap 5 Lanes		
1:15-3:30p Camp No Lanes	1:15-3:30p Camp No Lanes	1:15-3:30p Camp No Lanes	1:15-3:30p Camp No Lanes	1:15p-3:30p Camp No Lanes		
3:30-5:30p 3 Lap Lanes 2 Family	3:30-5:30p 3 Lap Lanes 2 Family	3:30-5:30p 3 Lap Lanes 2 Family	3:30-5:30p 3 Lap Lanes 2 Family	3:30-5:30p 3 Lap Lanes 2 Family		
5:30-6:15 3 Lane 2 Lesson	5:30-6:15 3 Lane 2 Lesson	5:30-6:15p 3 Lane 2 Lesson	<b>5:30-6:15p 3 Lane 2 Lesson</b>	5:30-7:30p 3 Lap 2 Family		
6:15-7:30p 1 Lap 4 Lesson	6:15-7:30p 1 Lap 4 Lesson	6:15-7:30p 1 Lap 4 Lesson	6:15-7:30p 1 Lap 4 Lesson			
7:30p-8:30p 2 Lap 3 Water Aerobics 8:30-9:00p 5 Lap Lanes	7:30-9:00p 5 Lap Lanes	7:30-8:30p 2 Lap 3 Water Aerobics 8:30-9:00p 5 Lap Lanes	7:30-9:00p 5 Lap Lanes			