



POOL SCHEDULE

GREENWOOD FAMILY YMCA APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP/OPEN SWIM 5:00-9:00a 4-7 Lanes	LAP/OPEN SWIM 5:00-9:00a 7 Lanes	LAP/OPEN SWIM 5:00-9:00a 4-7 Lanes	LAP/OPEN SWIM 5:00-9:00a 7 Lanes	LAP/OPEN SWIM 5:00-9:00a 7 Lanes	LAP/OPEN SWIM 8:00a – 3:45p 7 LANES	LAP/OPEN SWIM 2:00p – 5:45p 7 LANES
H2O Boot Camp 6:00-6:45a 3 Lanes		H2O Boot Camp 6:00-6:45a 3 Lanes				
LAP SWIM 9:00-4:00p 3 Lanes	LAP SWIM 9:00-4:00p 3 Lanes	LAP SWIM 9:00-4:00p 3 Lanes	LAP SWIM 9:00-4:00p 3 Lanes	LAP SWIM 9:00-4:00p 3 Lanes		
Stretch N' Swim 9:10-10:00a 4 Lanes	Splash N' Fun 9:10-10:00a 4 Lanes	Stretch N' Swim 9:10-10:00a 4 Lanes	Splash N' Fun 9:10-10:00a 4 Lanes	Stretch N' Swim 9:10-10:00a 4 Lanes		
Stretch N' Swim 10:10-11:00a 4 Lanes	H2O Boot Camp 10:00-11:00a 4 Lanes	Stretch N' Swim 10:10-11:00a 4 Lanes	H2O Boot Camp 10:00-11:00a 4 Lanes	Stretch N' Swim 10:10-11:00a 4 Lanes	OPEN SWIM AGE RULES <ul style="list-style-type: none"> • Children 13 and under are required to take swim test prior to entering water. • Children under 6 must be accompanied by adult in the water at all times • Children 10 & under must be accompanied and supervised at all times by the pool. • All children under 13 must wear the swim test band while in the pool. • Further regulations are available at the front desk or aquatics staff. 	
OPEN SWIM 11:00-1:30 4 Lanes	OPEN SWIM 11:00-1:30 4 Lanes	OPEN SWIM 11:00-1:30	OPEN SWIM 11:00-1:30 4 Lanes	OPEN SWIM 11:00-1:30 4 Lanes		
		SWIM & GYM 11:30-1:30				
Stretch N' Swim 1:30-2:30p 4 Lanes	Stretch N' Swim 1:30-2:30p 4 Lanes	Stretch N' Swim 1:30-2:30p 4 Lanes	Stretch N' Swim 1:30-2:30p 4 Lanes	Stretch N' Swim 1:30-2:30p 4 Lanes		
LAP SWIM OPEN SWIM 2:30-4:00 7 Lanes	LAP SWIM OPEN SWIM 2:30-4:00 7 Lanes	LAP SWIM OPEN SWIM 2:30-4:00 7 Lanes	LAP SWIM OPEN SWIM 2:30-4:00 7 Lanes	LAP SWIM OPEN SWIM 2:30-4:00 7 Lanes		
SWIM TEAM/ SWIM LESSONS 4:00-6:30p NO LANES	SWIM TEAM/ SWIM LESSONS 4:00-6:30p NO LANES	SWIM TEAM/ SWIM LESSONS 4:00-6:30p NO LANES	SWIM TEAM/ SWIM LESSONS 4:00-6:30p NO LANES	SWIM TEAM/ SWIM LESSONS 4:00-5:30p NO LANES	WHIRLPOOL The whirlpool is available for 18 years and older during regular operating hours. Temp 101-104 °	
SWIM TEAM STARTS BACK MONDAY, APRIL 17th						
Aqua Exercise 6:30-7:30p 3 Lanes	Aqua Exercise 6:30-7:30p 3 Lanes	LAP/OPEN SWIM 6:30-8:45p 7 Lanes	Aqua Exercise 6:30-7:30p 3 Lanes	LAP/OPEN SWIM 5:30-6:45p 7 Lanes	POOL Temp 84-86° Many swimmers can enjoy lap swimming at the same time. Please share the lanes, circle swim and be courteous of the others using the lap lanes.	
LAP/OPEN SWIM 6:30-8:45p 4-7 Lanes	LAP/OPEN SWIM 6:30-8:45p 4-7 Lanes		LAP/OPEN SWIM 6:30-8:45p 4-7 Lanes			

