



We build strong kids, strong families, strong communities.

Springfield YMCA
Large Pool Schedule
August 29, 2011-December 18, 2011
Subject to change without notice

Monday	Tuesday			Wednesday	Thursday			Friday	Saturday	Sunday
5:00-6:00 am Teen & Adult Lap	5:00-7:55 am Teen & Adult Lap SPY (1 lane 5:30-7)			5:00-6:00 am Teen & Adult Lap	5:00-7:55 am Teen & Adult Lap SPY (1 lane 5:30-7)			5:00-6:00 am Teen & Adult Lap		
6:00-7:00 am Masters				6:00-7:00 am Masters				6:00-7:00 am Masters		
7:00-8:55 am Teen & Adult Lap	8:00-8:45am Water fitness Level 1			7:00-8:55 am Teen & Adult Lap	8:00-8:45am Water fitness Level 1			7:00-8:55 am Teen & Adult Lap	7:00-8:55am Teen & Adult Lap	
9:00-9:40 am Water Fitness Level 2	8:45-9:10 am Aqua Chi			9:00-9:40 am Water Fitness Level 2	8:45-9:10 am Aqua Chi			9:00-9:40 am Water Fitness Level 2	9:00-9:40 am Youth Lessons	
9:40-10:30 am Aqua zumba				9:40-10:30 am Aqua Zumba				9:40-10:30 am Water Fitness Level 2	10:30-11:15 am Youth Lessons	
10:30-11:10 am Home School Lessons	9:10-9:55 Arthritis Shallow and Deep	9:55-10:45 Water Fitness	10:45-11:25am Family Swim Ape Swim 1 Lane	10:30-11:00 am Water Yoga	11:00-11:30am Deep water core	9:10-9:55 Arthritis Shallow and Deep	9:55-10:45 Water Fitness	10:45-11:25am Family Swim Ape Swim 1 Lane	10:30-11:15 am Aqua Zumba 11:15-12:00 am Adult Lessons Lane 4	
11:30-2:30 am Adult Lap				11:30-2:30 am Adult Lap						11:15-12:15 am Special Needs Lessons
										12:00-2:00 pm SPY S1/S2/P1/P2/Y
4:00-5:25 pm Youth Lessons Swim Team	4:00-5:30 pm Swim Team			4:00-5:30 pm Youth Lessons Swim Team	4:00-5:30 pm Swim Team			4:00-6:45 pm Swim Team Conditioning Lessons	2:00pm-4:00pm Open Swim	2:10-3:45pm Lap Swim 2:30-3:15pm Adult Lessons (2Lanes)
5:30-6:30 pm Lap Swim	5:30-6:30pm Lap Swim			5:30-6:30pm Lap Swim	5:30-6:30pm Lap Swim			6:30-7:30pm Lap Swim	4:00-6:00pm Family Swim (one lap lane)	
	6:30-8:00pm Lessons			6:30-8:30pm Swim Team	6:30-8:00pm Lessons			7:30-9:15 pm Family Swim (1 Lap Lane)	6:00-7:00pm Rental	3:45- 5:00 pm Family Swim
6:30-8:30pm Swim Team	8:15-8:45pm Family Swim			8:35-9:25 pm Water Fitness	8:00-8:45 pm Adult Lessons					
8:30-9:25 Water Fitness				9:30 pm Pool Closed						

Schedule is subject to change at any time without notice.

Children under the age of 8 must have an adult with them at all times.

Lap Swim Categories: All lap swimmers should demonstrate Lap Swim Values.

Adult Lap Swim – This swim is for patrons 18 years or older only.

Teen & Adult Lap Swim – This swim is for patrons 13 years or older, or with Aquatic Director’s approval.

Masters – This is a workout program for members 18 years and older and pre-approved youth or teen competitive swimmers.

Recreational Swim Categories – All swimmers 18 years and younger as well as any other patron determined by the guard on duty must pass a deep water test and be identified to enter deep water. Swim tests are given in the first 10 minutes of each recreational swim session and on the ½ hour after session begins. Deep Water Swimmers must take the swim test each visit to the facility.

Open Swim – This swim is for patrons 8 years or older and patrons under 8 years accompanied by an adult 18 years or older. No Lap Lane available.

Family Swim – This swim is intended for families. Children under 15 years must be with an adult family member 18 years or older. 1 lap lane is provided for swimmers of all ages.

A.P.E. Swim – This swim is intended for persons with disabilities and their families or aides.