



We build strong kids, strong families, strong communities.

INDOOR POOL SCHEDULE August 23 through September 26, 2010

Pool usage may be altered to accommodate need. Lap swim includes water walking, senior swim, and therapeutic swim. Lifeguard and other aquatic training will be held as necessary - look for posted sign describing schedule changes, especially during holidays.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 - 7:00 am Lap Swim	5:00 - 6:00 am 5 Lap Lanes	5:00 - 7:00 am Lap Swim	5:00 - 6:00 am 5 Lap Lanes	5:00 - 7:00 am Lap Swim	
	6:00 - 7:00am Lap Swim (Masters Swim if inclement weather)		6:00 - 7:00am Lap Swim (Masters Swim if inclement weather)		
7:00-8:00am Water Volleyball & 2 Lap Lanes	7:00-8:00am Lap Swim	7:00-8:00am Water Volleyball & 2 Lap Lanes	7:00-8:00am Lap Swim	7:00-8:00am Water Volleyball & 2 Lap Lanes	7:00 - 8:30am Stroke Development & 4 Lap Lanes
8:00-9:00am Personal Water Fit & 3 Lap Lanes*	8:00-9:00am Personal Water Fit & 3 Lap Lanes*	8:00-9:00am Personal Water Fit & 3 Lap Lanes*	8:00-9:00am Personal Water Fit & 3 Lap Lanes*	8:00-9:00am Personal Water Fit & 3 Lap Lanes*	8:30-9:30am Lap Swim (Aquacise if inclement weather)
9:00-10:00 am Personal Water Fit & 3 Lap Lanes*	9:00-10:00 am Personal Water Fit & 3 Lap Lanes*	9:00-10:00 am Personal Water Fit & 3 Lap Lanes*	9:00-10:00 am Personal Water Fit & 3 Lap Lanes*	9:00-10:00 am Personal Water Fit & 3 Lap Lanes*	9:30am-1:00 pm Swim Lessons & 3 Lap Lanes
10:00-10:45am Joint Adventure	10:00-10:45am Joint Adventure & 2 Lap Lanes*	10:00-10:45am Joint Adventure	10:00-10:45am Joint Adventure & 2 Lap Lanes*	10:00-10:45am Joint Adventure	
10:45am-12:00pm Lap Swim	10:45am-12:00pm Lap Swim	10:45am-12:00pm Lap Swim & Swim Lessons	10:45am-12:00pm Lap Swim & Swim Lessons	10:45am-12:00pm Lap Swim	1:00-6:00pm Lap Swim/Personal Water Fitness No Family Swim Inside
12:00-1:00pm Lap Swim (Masters Swim if inclement weather)	12:00-1:00pm Lap Swim (Masters Swim if inclement weather)	12:00-1:00pm Lap Swim (Masters Swim if inclement weather)	12:00-1:00pm Lap Swim (Masters Swim if inclement weather)	12:00-1:00pm Lap Swim (Masters Swim if inclement weather)	
1:00-2:00pm Lap Swim	1:00-2:00pm Lap Swim	1:00-2:00pm Lap Swim	1:00-2:00pm Lap Swim	1:00-2:00pm Lap Swim	
2:00-2:45pm Joint Adventure & 1 Lap Lane*	2:00-2:45pm Prime Time Aquacise & 2 Lap Lanes*	2:00-2:45pm Joint Adventure & 1 Lap Lane*	2:00-2:45pm Prime Time Aquacise & 2 Lap Lanes*	2:00-2:45pm Joint Adventure & 1 Lap Lane*	
2:45 - 4:15pm Lap Swim	2:45 - 4:15pm Lap Swim	2:45 - 4:15pm Lap Swim	2:45 - 4:15pm Lap Swim	2:45 - 4:15pm Lap Swim	
4:15-6:30pm Swim Lessons & 3 Lap Lanes. (Swim Team if inclement weather) No Family Swim Inside	4:15-6:30pm Swim Lessons & 3 Lap Lanes. (Swim Team if inclement weather) No Family Swim Inside	4:15-6:30pm Swim Lessons & 3 Lap Lanes. (Swim Team if inclement weather) No Family Swim Inside	4:15-6:30pm Swim Lessons & 3 Lap Lanes. (Swim Team if inclement weather) No Family Swim Inside	4:15-6:30pm Swim Lessons & 3 Lap Lanes. (Swim Team if inclement weather) No Family Swim Inside	INDOOR POOL WILL BE CLOSED FOR ANNUAL MAINTENANCE @ 6pm on SATURDAY, AUGUST 28th & will re-open on TUESDAY SEPTEMBER 7th.
6:30 -7:00pm Lap Swim No Family Swim Inside	6:30 -7:00pm Lap Swim No Family Swim Inside	6:30 -7:00pm Lap Swim No Family Swim Inside	6:30 -7:00pm Lap Swim No Family Swim Inside	6:30-8:00pm Lap Swim No Family Swim Inside	
7:00-7:55pm Personal Water Fit & 3 Lap Lanes* (Aqua-fit if inclement weather) No Family Swim Inside	7:00-7:55pm Personal Water Fit & 3 Lap Lanes* (Aquacise if inclement weather) No Family Swim Inside	7:00-8:00pm Aquacise & 3 Lap Lanes* No Family Swim Inside	7:00-8:00pm Aquacise & 3 Lap Lanes* No Family Swim Inside		
8:00 - 9:00pm Lap Swim	8:00 - 9:00pm Lap Swim	8:00 - 9:00pm Lap Swim	8:00 - 9:00pm Lap Swim		
<p>During the 4:00pm-6:30pm time period and Swim Lessons, lap lanes may be available depending upon program needs. *During Water Exercise Classes, Lap Swim will be made available when the following conditions apply: Up to 10 participants-3 Lap Lanes, 11-20 participants-2 Lap Lanes, 21-25 participants-1 Lap Lane, 26 or more participants-No Lap Lanes</p>					

Sunday: Indoor Pool open for Lap Swim or Personal Water-Fit ONLY: 1:00 – 6:00 pm;

Family Swim will be held in the Outdoor Pool & will only move to the Indoor Pool during inclement weather on SATURDAYS & SUNDAYS.
Lap swimmers must share lanes when all lap lanes are occupied. Please be courteous to other lap swimmers when sharing lanes.

Town North Family YMCA 4332 Northaven Rd. Dallas, TX 75229
214-357-8431 Fax 214-357-2986 www.townnorthymca.org