


Lap Pool Schedule

August 30th - September 6th, 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	Closed	Lap Swim (6) 5:00a-9:00a	Lap Swim (6) 5:00a-9:00a	Lap Swim (6) 5:00a-9:00a	Lap Swim (6) 5:00a-9:00a	Lap Swim (6) 5:00a-9:00a	Closed
5:30							
6:00							
6:30							Lap Swim (6) 7:00a-8:30a
7:00							
7:30							
8:00	Water X (3) Lap Swim (3) 8:30a-9:30a						
8:30							
9:00							
9:30	Lap Swim (6) 9:00a-1:00p	Lap Swim (3) Water X (3) 8:45a-10:00a	Lap Swim (3) Water X (3) 8:45a-10:00a	Lap Swim (3) Water X (3) 8:45a-10:00a	Lap Swim (3) Water X (3) 8:45a-10:00a	Lap Swim (3) Water X (3) 8:45a-10:00a	Lap Swim (3) Open Swim (3) 9:30a-7:45p
10:00							
10:30							
11:00							
11:30							
12:00pm							
12:30	Lap Swim (3) Open Swim (3) 1:00p-7:45p	Lap Swim (3) Open Swim (3) 10:00a-6:15p	Lap Swim (3) Open Swim (3) 1:00p-4:00p	Lap Swim (3) Open Swim/ Summer Power 1:00p-3:00p	Lap Swim (3) Open Swim/ Summer Power (3) 1:00p-4:00p	Lap Swim (3) Open Swim (3) 10:00a-9:00p	
1:00							
1:30							
2:00							
2:30							
3:00							
3:30	Lap Swim (3) Open Swim (3) 1:00p-7:45p	Lap Swim (3) Open Swim (3) 10:00a-6:15p	Lap Swim (3) Open Swim (3) 1:00p-4:00p	Lap Swim (3) Open Swim (3) 3:00p-6:00p	Lap Swim (3) Open Swim (3) 1:00p-4:00p	Lap Swim (3) Open Swim (3) 10:00a-9:00p	
4:00							
4:30							
5:00							
5:30							
6:00							
6:30	Lap Swim (3) Water X (3) 6:15p-7p	Lap Swim (3) Open Swim (3) 5:00p-9:00p	Lap Swim (3) Open Swim (3) 10:00a-6:15p	Lap Swim (3) Open Swim (3) 3:00p-6:00p	Lap Swim (3) Open Swim (3) 1:00p-4:00p	Lap Swim (3) Open Swim (3) 10:00a-9:00p	
7:00							
7:30							
8:00							
8:30							
9:00							
9:45	Closed	Lap Swim (6) 9:00p-9:45p	Lap Swim (6) 9:00p-9:45p	Lap Swim (6) 9:00p-9:45p	Lap Swim (6) 9:00p-9:45p	Lap Swim (6) 9:00p-9:45p	Closed
9:00							
9:30							
9:45							
9:45							
9:45							

Facility Hours Sunday 10:00am-8:00pm Monday-Friday 5:00am-10:00pm Saturday 7:00am-8:00pm The pool closes 15 minutes prior to facility close.	Kid Stuff Hours Sunday 12:00pm-8:00pm Monday-Thursday 8:00am-8:00pm Friday 8:00am-7:00pm Saturday 9:00am-1:00pm	 Chain of Lakes YMCA 651-795-9622
--	--	--

Lap Pool Guidelines:

- ◆ All members and guests must shower before entering the pools.
- ◆ Children wishing to swim without a parent/guardian in the water must pass a swim test. Please ask an available lifeguard to administer the test.
 - ◆ **Shallow Water Swim Test: 5 seconds front float, stand up, 5 seconds back float.** Children passing this test may be in water up to armpit depth on their own.
 - ◆ **Deep Water Swim Test: Jump in, 30 seconds treading water, 10 seconds front float, 10 seconds treading water.** Children passing this test may be in all water depths on their own.
- ◆ Children who have not passed a swim test must be supervised by an adult (16+) **in the water** at all times during open swim. Children 6 years and younger who have passed a swim test must still be supervised by an adult **in the pool area** at all times.
- ◆ All Children wearing approved flotation devices during open swim times are considered high risk swimmers and must be within arms length of an adult at all times.
- ◆ Children that are not potty trained are required to wear tight fitting plastic pants over a swim diaper.
 - ◆ Regular diapers are not allowed.
 - ◆ "Little Swimmers" are allowed only when worn with plastic pants.
 - ◆ Reusable plastic pants are sold at Member Services for \$2.
- ◆ We encourage circle swimming to accommodate all members and guests wishing to swim laps. Remember to stay to the right side of the lane so faster swimmers may pass on the left. Thank you for sharing during these times.
 - ◆ 1 length = 25 yards
 - ◆ 1 mile = 72 lengths (36 laps)

(#) There are # lap lanes guaranteed for lap swimming during this time

August 30-September 6 Scheduling Notes

- ◆ The pools will close at 3:45pm on Monday, September 6th, in honor of Labor Day.
- ◆ The Natatorium (both pools and sauna) will be closed for annual maintenance September 7-10.
- ◆ Non-YMCA members may participate in AFYAP classes at a cost of \$4 per class.

Updated: 8-26-10