

AQUATIC SCHEDULE

NORTH PORT FAMILY YMCA

Main Pool Schedule Winter 2012

Schedule begins

Monday, January 9th

Multiple activities are often scheduled in this pool at the same time.

Lap Swimming Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the swimmer's acknowledgement that you are there. Please get kickboards, pull- buoys, etc. before entering the pool.

Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

Building Hours:

Monday – Friday
5:30am - 9:00pm
Saturday
7:00am – 5:00pm
Sunday
10:00am – 5:00pm

Prices:

Ages 0-3: Free
Ages 4-15: \$2.00
Ages 16-54: \$4.00
Ages 55+: \$2.00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 8:00 Adult Lap Swim Two lanes	6:30 - 8:50 Adult Lap Swim All lanes	6:30 - 8:00 Adult Lap Swim Two lanes	6:30 - 8:50 Adult Lap Swim All lanes	6:30 - 8:00 Adult Lap Swim Two lanes		
6:45 – 8:00 Masters Swim Two lap lanes		6:45 – 8:00 Masters Swim Two lap lanes		6:45 – 8:00 Masters Swim Two lap lanes		
8:00 – 8:50 Adult Lap Swim All lanes		8:00 – 8:50 Adult Lap Swim All lanes		8:00 – 8:50 Adult Lap Swim All lanes		
8:50 – 9:00 POOL CLOSED	8:50 – 9:00 POOL CLOSED	8:50 – 9:00 POOL CLOSED	8:50 – 9:00 POOL CLOSED	8:50 – 9:00 POOL CLOSED	8:00 – 9:00 Adult Lap Swim All Lanes	
9:00 – 10:00 Silver Splash! \$3.00 Shallow End Closed One Lap Lane	9:00 – 10:00 Adult Open Swim One Lap Lane	9:00 – 10:00 Silver Splash! \$3.00 Shallow End Closed One Lap Lane	9:00 – 10:00 Adult Open Swim One Lap Lane	9:00 – 12:00 Adult Open Swim One Lap Lane	9:00 – 12:00 Swim Lessons POOL CLOSED Two Lap Lanes ONLY**	
10:00 – 11:00 Water Aerobics \$3.00 Shallow End Closed One Lap Lane	10:00 – 11:00 Water Aerobics \$2.00 Shallow End Closed One Lap Lane	10:00 – 11:00 Water Aerobics \$3.00 Shallow End Closed One Lap Lane	10:00 – 11:00 Water Aerobics \$2.00 Shallow End Closed One Lap Lane	10:00 – 11:00 Water Aerobics \$3.00 Shallow End Closed One Lap Lane		
11:15 – 12:00 Adult Open Swim One Lap Lane	11:15 – 12:00 Adult Open Swim One Lap Lane	11:15 – 12:00 Adult Open Swim One Lap Lane	11:15 – 12:00 Adult Open Swim One Lap Lane	11:15 – 12:00 Adult Open Swim One Lap Lane		12:00 – 1:00 Open Swim Two Lap Lanes
12:00-2:20 Open Swim One Lap Lane	12:00-2:20 Open Swim One Lap Lane	12:00-2:20 Open Swim One Lap Lane	12:00-2:20 Open Swim One Lap Lane	12:00-2:20 Open Swim One Lap Lane	12:00 – 2:00 Open Swim One Lap Lane	1:00 – 2:00 Open Swim One Lap Lane
2:20 – 2:30 POOL CLOSED	2:20 – 2:30 POOL CLOSED	2:20 – 2:30 POOL CLOSED	2:20 – 2:30 POOL CLOSED	2:20 – 2:30 POOL CLOSED	2:00 – 2:10 POOL CLOSED	2:00 – 2:10 POOL CLOSED
2:30 – 5:00 Open Swim One Lap lane	2:30 – 5:00 Open Swim One Lap Lane	2:30 – 5:00 Open Swim One Lap Lane	2:30 – 5:00 Open Swim One Lap Lane	2:30 – 5:00 Open Swim One Lap Lane	2:30 – 4:30 Open Swim One Lap Lane	2:30 – 4:30 Open Swim One Lap Lane
After 5:00 POOL CLOSED	After 5:00 POOL CLOSED Swim Lessons	After 5:00 POOL CLOSED	After 5:00 POOL CLOSED Swim Lessons	After 5:00 POOL CLOSED	After 4:30 POOL CLOSED	After 4:30 POOL CLOSED

** Lap swimmers only

