



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Bath Area Family YMCA			Main Pool Schedule					FALL 2010	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5am	5:00-9:00 Adult Lap Swim (all Lanes)	5:00-9:00 Adult Lap Swim	5:00-9:00 Adult Lap Swim (all Lanes)	5:00-9:00 Adult Lap Swim	5:00-9:00 Adult Lap Swim (all Lanes)	Pool Opens at 7:15am			
7am		7-7:30am programming		7-7:30am programming		7:15-9:00 Adult Lap			
9am	9:00-12:00 Adult Lap (lanes 5-8)	9:00-12:00 Adult Lap (lanes 5-8)	9:00-12:00 Adult Lap (lanes 5-8)	9:00-12:00 Adult Lap (lanes 5-8)	9:00-12:00 Adult Lap (lanes 5-8)	7:30-8:30 Masters Swim (Lns 6,7,8)	Pool opens at 9:15AM		
10am	9-12n Programming lanes 1-4	9-1:30 Programming lanes 1-4	9-12n Programming lanes 1-4	9-1:30 Programming lanes 1-4	9-12n Programming lanes 1-4	9-11:00am Lesson Program	9:15-12:30pm Lap swim 6 Lanes		
11am						11am-12n Family Swim		and	
12n	12:00-2PM Adult Lap Lanes 3-7	12:00-2PM Adult Lap Lanes 3-7	12:00-2PM Adult Lap Lanes 3-7	12:00-2PM Adult Lap Lanes 3-7	12:00-2PM Adult Lap Lanes 3-7	11am-12:30pm Open Swim	9:15-12:30 Open Member Swim		
1pm	12N-2pm Open Swim lanes 1&2	12N-2pm Open Swim lanes 7/8	12N-2pm Open Swim lanes 1&2	12N-2pm Open Swim lanes 7/8	12N-2pm Open Swim lanes 1&2				
2pm						9am-2:00pm Adult Lap	The Main Pool is closed each weekday between 2-3pm for cleaning and maintenance		
3pm	3:00-5:15 Swim Team	3:00-7pm Swim Team	3:00-5pm Swim Team	3:00-7pm Swim Team	3:00-5:15 Swim Team				
4pm						Pool rental 12:30-1:30pm			
5pm	5:15-8PM Adult Lap		5:00-6PM Adult Lap L 4-8		5:15-8:00PM Adult Lap			Schedule Begins Sept. 7, 2010 and is subject to change	
6pm	6pm - 7pm Family Swim		5-6pm Triathlete Stroke Improvement		6pm - 7pm Family Swim				
7pm	6pm - 7pm Open Swim	7-7:45pm Programming	6:00-7:00 Swim Team	7-7:45pm Programming	6pm - 7pm Open Swim	Multiple activities are often scheduled in this pool at the same time.			
8pm	7:00-8:00PM Adult Lap	7:00-8:00PM Adult Lap 4L	7:00-8:00PM Adult Lap	7:00-8:00PM Adult Lap 4L	7:00-8:00PM Adult Lap				
<p>Lap Swimming Tips: Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc before entering the pool.</p> <p>Direction: 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. Speed: Please try to choose a lane with swimmers that most nearly match your speed. Lanes 1 and 8 are best for new swimmers.</p>									