

# AQUATICS ~~~~~POOL LANE SCHEDULE

## JULY 2008

NUMBER OF LANES FOR EACH ACTIVITY ~~~~~SUBJECT TO CHANGE FOR SPECIAL EVENTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
***** *****	*Number	designates	number of	lanes	available for	each activity.	Example -Lap-4 Lanes Open-1 Lanes
5:30-8:00AM	LAP -4 * OPEN-1	LAP -4 OPEN-1	LAP -4 OPEN-1	LAP -4 OPEN-1	LAP -4 OPEN-1		
8:00-8:30	LAP -4 OPEN-1	LAP -4 OPEN-1	LAP -4 OPEN-1	LAP -4 OPEN-1	LAP-4 OPEN-1	LAP-4 OPEN-1	
8:30-9:00	LAP -4 OPEN-1	LAP -4 OPEN-1	LAP -4 OPEN-1	LAP -4 OPEN-1	LAP-4 OPEN-1	LAP-2 LESSONS-2 OPEN-1	LAP-3 Lessons/ Open-2
9:00-9:30	LAP-1 Lessons-2 Deep Aerobics & open-2	LAP-2 LESSONS-2 OPEN-1	LAP-1 Lessons-2 Deep Aerobics & open-1	LAP-2 LESSONS-2 OPEN-1	LAP-3 AEROBICS/OPEN 2	LAP-2 LESSONS-2 OPEN-1	LAP-3 Lessons/ Open-2
9:30-10:00	LAP-1 Lessons-2 Deep Aerobics & open / parent-tot2 2	LAP-1 Lessons-2 open / parent-tot2 2	LAP-1 Lessons-2 Deep Aerobics & open / parent-tot2 2\	LAP-1 Lessons-2 open / parent-tot2 2	LAP-3 AEROBICS/OPEN 2	LAP-2 LESSONS-2 OPEN-1	LAP-3 Lessons/ Open-2
10:00-10:30	LAP-1 Lessons-2 Deep Aerobics & open / parent-tot2 2	LAP-1 LESSONS-4	LAP-1 Lessons-2 Deep Aerobics & open / parent-tot2 2	LAP-1 LESSONS-4	LAP-4 Lessons-1	LAP-3 LESSONS-2	LAP-3 Lessons/ Open-2
10:30-11:15	LAP-3 LESSONS-2	LAP-1 LESSONS-2 AEROBICS -2	LAP-3 LESSONS-2	LAP-1 LESSONS-2 AEROBICS -2	LAP-4 Lessons-1	LAP-3 LESSONS-2	LAP-3 Lessons/ Open-2
11:15-12:00 PM	LAP-2 LESSONS-3	LAP-2 LESSONS-3	LAP-2 OPEN-3	LAP-2 Lessons-3	LAP-4 LESSONS-1	LAP-3 LESSONS-2	LAP-3 Lessons/ Open-2
12:00-1:00	LAP-3 LESSONS-2	LAP-3 LESSONS-2	LAP-3 LESSONS-2	LAP-3 LESSONS-2	LAP-3 LESSONS 2	LAP-2 / 4 after 1 LESSON-3 TILL 1 AFTER 1pm- 1LANE	LAP-3 LESSONS-2
1:00-2:00	LAP-1 Lessons 4	LAP-1 Lessons 4	LAP-1 Lessons 4	LAP-1 Lessons 4	LAP-4 Lessons 1	LAP-4 Lessons-1	LAP-3 LESSONS-2
2:00-4:00	LAP-3 LESSONS-2	LAP-3 LESSONS-2	LAP-3 LESSONS-2	LAP-3 LESSONS-2	LAP-4 LESSONS-1	LAP-4 Lessons-1	LAP-3 Lessons-2
4:00-6:00pm	LAP-4 Lessons1	LAP-4 Lessons1	LAP-4 Lessons1	LAP-4 Lessons1	LAP-4 LESSONS-1	LAP-4 Lessons-1	LAP-3 Lessons-2
6:00-6:30	LAP-3 Lessons2	LAP-3 Lessons2	LAP-3 Lessons2	LAP-2 Lessons3	LAP-4 LESSONS-1	LAP-5	LAP-3 Lessons-2
6:30-7:15pm	LAP-2 Lessons3	LAP-2 Lessons-3	LAP-2 Lessons3	LAP-2 Lessons-3	LAP-4 LESSONS-1		
7:15-8:00	LAP-3 LESSONS-1 AEROBICS-1	LAP-4 Lessons-1	LAP-3 LESSONS-1 AEROBICS-1	LAP-4 Lessons-1	LAP-4 Lessons-1		
8:00-9:45 PM	LAP-3 OPEN-2	LAP-3 OPEN-2	LAP-3 OPEN-2	LAP-3 OPEN-2	LAP-3 OPEN-2 <b>CLOSE-8:45</b>		

Key: The number designates the number of lanes that are available in the pool for that activity.

For Example:

5:30—8:30 AM Lap has 4 lanes available and Open Swim has 1 lane available

## **Family Swim/ Open Swim**

**Will ONLY be allowed in the indoor pool when outdoor pool is not open!**

### **INDOOR POOL HOURS**

**MONDAY-THURSDAY**

**5:30 A M to 9:45 PM**

**Friday**

**5:30 am to 8:45 PM**

**Saturday**

**8:00AM to 5:45 PM**

**Sunday**

**8:30 AM to 5:45 PM**

### **OUTDOOR POOL HOURS**

**MONDAY-THURSDAY**

**10:00 AM to 8: 00PM**

**Friday**

**10:00AM to 8:30 PM**

**Saturday & Sunday**

**10:00AM to 5:45 PM**

## **Aquatic Hotline**

**404-681-6109**

**For weather and program changes**

-Children under 8 years of age who cannot pass the swim test are not allowed in the pool or pool area without a parent. Parents must be in the water with non swimmers.

-Children 7 years and under who can pass the swim test must have a parent in the pool area

-Children 7-12 years who cannot swim proficiently must be accompanied by a parent in the pool area.

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||| **LAP SWIM RULES** |||

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||| • **Must be 7 or older** |||

||| • **Must be able to swim 2 laps non-stop of front stroke with breathing** |||

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### **UPCOMING EVENTS**

**July 26** Twilight Music Festival– 8 to 10 PM Pool deck  
Adults Only-Listen to a live band and enjoy refreshments

**Swim If you want!**

**July 18** Chill & Grill

**July 19** Community CPR 11:30-4:30  
and Adapted Swim team 1:30-3:30PM

**Scuba July 18 to 20th**

**All children who have not reached their 4th birthday must wear pool pants or pool diapers covered with /vinyl or rubber pants or lined bathing suit. TWO layers of protection is needed!**

**Carl E. Sanders Family YMCA at Buckhead**

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