

Cowart Family - Ashford Dunwoody

YMCA POOL SCHEDULE

August - December, 2009

We will always strive to abide by this schedule. However, the schedule will sometimes change to allow more or less lanes for these activities, including the last two weeks of August and Thanksgiving and Christmas Holidays

All patrons are required to shower before entering the pool or whirlpool.



LAP SWIM

| Times | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---------|---------|-----------|----------|---------|
| 5:30 am - 6:00 am | 7 lanes | 7 lanes | 7 lanes | 7 lanes | 7 lanes |
| 6:00 am - 7:00 am | 5 lanes | 7 lanes | 5 lanes | 7 lanes | 5 lanes |
| 7:00 am - 9:00 am | 7 lanes | 7 lanes | 7 lanes | 7 lanes | 7 lanes |
| 9:00 am - 10:00 am | 2 lanes | 3 lanes | 2 lanes | 3 lanes | 2 lanes |
| 10:00 am - 11:30 am | 4 lanes | 4 lanes | 4 lanes | 4 lanes | 4 lanes |
| 11:30 am - 1:00 pm | 3 lanes | 4 lanes | 3 lanes | 4 lanes | 3 lanes |
| 1:00 pm - 4:00 pm | 4 lanes | 4 lanes | 4 lanes | 4 lanes | 4 lanes |
| 4:00 pm - 6:00 pm | 2 lanes | 1 lane | 2 lanes | 1 lane | 4 lanes |
| 6:00 pm - 6:45 pm | 1 lane | 1 lane | 1 lane | 1 lane | 3 lanes |
| 6:45 pm - 7:45 pm | 2 lanes | 4 lanes | 2 lanes | 4 lanes | 4 lanes |
| 7:45 pm - 9:45 pm | 5 lanes | 5 lanes | 5 lanes | 5 lanes | 5 lanes |

| Saturday | |
|-------------------|---------|
| 8:00 am - 8:30 am | 7 lanes |
| 8:30 am - 9:30 am | 5 lanes |
| 9:30 am - 1:30 pm | 2 lanes |
| 1:30 pm - 5:45 pm | 4 lanes |

| Sunday | |
|------------------|---------|
| 8:00 am - 9:30am | 6 lanes |
| 9:30 am - 7:45pm | 3 lanes |

FAMILY SWIM

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
|  | 10:00 pm - 4:00 pm 6:45 pm - 9:45 pm | 10:00 pm - 4:00 pm 6:45 pm - 9:45 pm | 10:00 pm - 4:00 pm 6:45 pm - 9:45 pm | 10:00 pm - 4:00 pm 6:45 pm - 9:45 pm | 10:00 pm - 9:45 pm |
| Saturday | Sunday | | | | |
| 9:30am-5:45pm | 9:00 am - 5:45 pm | | | |  |

Children younger than four years of age must wear tight fitting swim diapers/pants in the pool. Only children meeting this standard will be allowed to swim.

LAP SWIM - Endurance swimming for those who can swim continuously two or more lengths of the pool

FAMILY SWIM - Recreational swimming for all ages.

We strive to abide by this schedule. However, the lifeguard has the authority to change the lane schedule as needed to accommodate various activities.