



LAP POOL SCHEDULE

Andover YMCA Community Center

February 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Lap Swim (5) 5:00-6:00am	Lap Swim (5) 5:00-6:00am		Lap Swim (5) 5:00-6:00am		CLOSED	CLOSED
5:30 AM							
6:00 AM	Water X Power (2) Lap Swim (3) 6:15-7:00am	Water X Power (2) Lap Swim (3) 6:15-7:00am	Lap Swim (5) 5:00-8:25am	Water X Power (2) Lap Swim (3) 6:15-7:00am	Lap Swim (5) 5:00-8:25am		Lap Swim (5) 6:00-9:00am
6:30 AM						Lap Swim (5) 6:00-7:30am	
7:00 AM	Lap Swim (5) 7:15-8:25am	Lap Swim (5) 7:15-9:25am		Lap Swim (5) 7:15-9:25am		Water X Power (3) Lap Swim (2) 7:45-8:45am	
7:30 AM							
8:00 AM							
8:30 AM	Water X Power (4) Lap Swim (1) 8:30-9:30am		Water X Power (4) Lap Swim (1) 8:30-9:30am		Water X Power (4) Lap Swim (1) 8:30-9:30am		
9:00 AM							
9:30 AM	Water X (4) Lap Swim (1) 9:30-10:25am	Water X Power (3) Lap Swim (2) 9:30-10:25am	Water X (4) Lap Swim (1) 9:30-10:25am	Water X Power (3) Lap Swim (2) 9:30-10:25am	Water X (4) Lap Swim (1) 9:30-10:25am		
10:00 AM							
10:30 AM	Arthritis(3) Lap Swim (2) 10:30-11:25am	Open Swim (2) Lap Swim (3) 10:30-11:25am	Arthritis(3) Lap Swim (2) 10:30-11:25am	Open Swim (2) Lap Swim (3) 10:30-11:25am	Arthritis(3) Lap Swim (2) 10:30-11:25am	Swim Lessons (4) Lap Swim (1) 9:00am-1:00pm	
11:00 AM							
11:30 AM	Open Swim (2) Lap Swim (3) 11:30am-12:25pm	Open Swim (2) Lap Swim (3) 11:30am-12:30pm	Open Swim (2) Lap Swim (3) 11:30am-12:25pm	Open Swim (2) Lap Swim (3) 11:30am-12:30pm	Open Swim (2) Lap Swim (3) 11:30am-12:30pm		
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	Open Swim (2) Lap Swim (3) 12:30-4:15pm	Open Swim (2) Lap Swim (3) 12:30-4:15pm	Open Swim (2) Lap Swim (3) 12:30-4:15pm	Open Swim (2) Lap Swim (3) 12:30-4:15pm	Open Swim (2) Lap Swim (3) 12:30-4:15pm	Open Swim (3) Lap Swim (2) 1:00-9:00pm	Open Swim (3) Lap Swim (2) 9:00am-5:00pm
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Swim Lessons (4) Lap Swim (1) 4:30-7:30pm	Swim Lessons (4) Lap Swim (1) 4:30-7:30pm	Swim Lessons (4) Lap Swim (1) 4:30-7:30pm	Swim Lessons (4) Lap Swim (1) 4:30-7:30pm	Open Swim (3) Lap Swim (2) 4:15-10:00 pm		Swim Lessons (4) Lap Swim (1) 5:00-8:00pm
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM	Swim Lessons (2) Open Swim (2) Lap Swim (1)	Open Swim (2) Lap Swim (3) 7:30-10:00pm	Open Swim (2) Lap Swim (3) 7:30-10:00pm	Swim Lessons (2) Open Swim (2) Lap Swim (1)			
8:00 PM							Lap Swim (2) 8:00-9:00pm
8:30 PM	Open Swim (2) Lap Swim (3) 8:15-10:00pm			Open Swim (2) Lap Swim (3) 8:15-10:00pm			
9:00 PM							
9:30 PM							
10:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Facility Hours
Sunday 6:00am-9:00pm
Monday -Friday 5:00am-10:00pm
Saturday 6:00am-9:00pm

Kid Stuff Hour:
Monday-Friday 8:00 a.m. - 8:00 p.m.
Saturday 8:00 a.m. - 4:00 p.m.
Sunday 9:00 a.m. 1:00p.m. & 3:00p.m.- 7:00 p.m.

Andover YMCA
 763.230.9622

Pool Guidelines:

- All members and guests must shower before entering the pools.
- All swimmers 15 years and younger must be supervised by an adult in the water at all times during open swim until they have passed a swim test.
- 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
- Members and Guests must be 15 years of age to use the Sauna or Whirlpool.
- Children that are not potty trained are required to wear tight fitting plastic pants over a swim diaper.
 - Diapers are not allowed
 - "Little Swimmers" are allowed only when worn with plastic pants
 - Reusable plastic pants are sold at Member Service for \$2
- During all Open Swim times, safety ropes will be in place to mark the deep ends of both pools.
 - 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 mile = 72 lengths of the pool = 36 laps

- (1) There is 1 lap lane guaranteed for lap swimming during this activity
- (2) There are 2 lap lanes guaranteed for lap swimming during this activity
- All swimmers under 16 years old MUST pass a swim test.

Swim Test: Shallow water swim test - Front float 5 seconds, stand up, back float 5 seconds, stand up. Deep water swim test - 30 treading water, 10 seconds front float with face in water, 10 seconds treading water. Lifeguard at the far end of the lap pool will administer swim test during times when the slides are on.