

LAP POOL SCHEDULE

Eagan YMCA

February 27th - April 15th 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Lap Swim (4) 5:00-8:00 am Water Jog (1)	Lap Swim (4) 5:00-9:00 am Water Jog (1)	Lap Swim (4) 5:00-8:00 am Water Jog (1)	Lap Swim (4) 5:00-8:15 a.m. Water Jog (1)	Lap Swim (4) 5:00-8:00 am Water Jog (1)	Lap Swim (4) 6:00-8:15 am Water Jog (1)	Lap Swim (4) 6:00-12:00 pm Water Jog (1)
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	AOA Water X (4) 8:00-8:50 am		AOA Water X (4) 8:00-8:50 am	Deep Water X (3) 8:15-9:00 a.m.	AOA Water X (4) 8:00-8:50 am	Water X Power (3) 8:15-9:00 a.m.	Lap Swim (4) 6:00-12:00 pm Water Jog (1)
8:30 AM	Lap Swim (1)		Lap Swim (1)	Lap Swim (2)	Lap Swim (1)	Lap Swim (2)	
9:00 AM	Lap Swim (3) 9:00-10:00 am	Lap Swim (3) 9:00-10:00 am	Lap Swim (3) 9:00-10:00 am	Lap Swim (3) 9:00-10:00 am	LESSONS (3) 9:00-12:00 pm Lap Swim (2)	LESSONS (4) 9:00-12:15 pm Lap Swim (1)	
9:30 AM	Open/Jog (2)	Open/Jog (2)	Open/Jog (2)	Open/Jog (2)			
10:00 AM	LESSONS (2) 10:00-11:45 am Lap Swim (3)	LESSONS (2) 10:00-11:45 am Lap Swim (3)	LESSONS (2) 10:00-11:45 am Lap Swim (3)	LESSONS (2) 10:00-11:45 am Lap Swim (3)			
10:30 AM							
11:00 AM							
11:30 AM	Lap Swim (4) 11:45-4:30 pm Open/Jog (1)	Lap Swim (4) 11:45-4:30 pm Open/Jog (1)	Lap Swim (4) 11:45-4:30 pm Open/Jog (1)	Lap Swim (4) 11:45-4:00 pm Open/Jog (1)	Lap Swim (4) noon-4:00 pm Open/Jog (1)	Open Swim (3) 12:15-9:00 pm Lap Swim (2)	Open Swim (3) 4:00-9:00 pm Lap Swim (2)
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM	LESSONS (4) 4:30-7:00 pm Lap Swim (1)	LESSONS (4) 4:30-7:05 pm Lap Swim (1)	LESSONS (4) 4:30-7:00 pm Lap Swim (1)	LESSONS (4) 4:00-7:00 pm Lap Swim (1)	Open Swim (3) 4:00-10:00 pm Lap Swim (2)	Open Swim (3) 4:00-9:00 pm Lap Swim (2)	
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Water X Power (3) 7:00-7:45 pm	Water X Power (3) 7:00-7:45 pm	LESSONS (2) 7:00-7:45 pm	Lap Swim (3) 7:00-10:00 pm	Open Swim (3) 4:00-10:00 pm Lap Swim (2)	Open Swim (3) 4:00-9:00 pm Lap Swim (2)	
7:00 PM							
7:30 PM	Lap Swim (2)	Lap Swim (2)	Lap Swim (3)	Lap Swim (3) 7:00-10:00 pm Open Swim (2)	Open Swim (3) 4:00-10:00 pm Lap Swim (2)	Open Swim (3) 4:00-9:00 pm Lap Swim (2)	
8:00 PM							
8:30 PM	Lap Swim (3) 7:45-10:00 pm	Lap Swim (3) 7:45-10:00 pm	Lap Swim (3) 7:45-10:00 pm	Lap Swim (3) 7:00-10:00 pm Open Swim (2)	Open Swim (3) 4:00-10:00 pm Lap Swim (2)	Open Swim (3) 4:00-9:00 pm Lap Swim (2)	
9:00 PM	Open Swim (2)	Open Swim (2)	Open Swim (2)				
9:30 PM	CLOSING	CLOSING	CLOSING	CLOSING	CLOSING	CLOSING	
10:00 PM							

Children under the age of 7 must be accompanied by an adult in the water unless they can pass the swim test.

We encourage circle swimming during lap swim. Remember to stay to the right of the lane.

Lanes that are designated for lap swim are for people continuously swimming laps without water belts. Water Jogging is permitted during specified time slots and open swim. Please follow the posted schedule.

YMCA Schedules are available on our website www.ymcatwincities.org

