

# LAP POOL SCHEDULE

MN Valley Family YMCA 952-898-9622  
January 25th, 2011 - February 26th, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Lap Swim (3)	Lap Swim (3)	Lap Swim (3)		Lap Swim (3)	CLOSED	CLOSED
5:30 AM	Water Jogging (1) 5:00am - 6:25am	Water Jogging (1) 5:00am - 6:25am	Water Jogging (1) 5:00am - 6:25am		Water Jogging (1) 5:00am - 6:25am		
6:00 AM				Lap Swim (3) Water Jogging(1) 5:00am - 7:55am		Lap Swim (3) Water Jogging (1) 6:00am - 7:25am	
6:30 AM	Water X Power (3) Lap Swim (1) 6:30am - 7:15am	Water X (3) Lap Swim (1) 6:30am - 7:15am	DeepWaterX Power (3) Lap Swim (1) 6:30am - 7:15am		DeepWaterX Power (3) Lap Swim (1) 6:30am - 7:15am		
7:00 AM	Lap Swim (3) Water Jogging (1)	Lap Swim (3) Water Jogging (1)	Lap Swim (3) Water Jogging (1)		Lap Swim (3) Water Jogging (1)		
7:30 AM						Water X (4) 7:30am - 8:15am	
8:00 AM	Deep Water X (3) Lap Swim (1) 8:00am - 8:45am	Water X-Aqua Chi (3) Lap Swim (1) 8:00am - 8:45am	Water X (3) Lap Swim (1) 8:00am - 8:45am	DeepWaterX Power (3) Lap Swim (1) 8:00am - 8:45am	Water X-Aqua Chi (3) Lap Swim (1) 8:00am - 8:45am	Lap Swim (3) Water Jogging (1) 8:15am - 8:55am	
8:30 AM							
9:00 AM	Water X (4) 9:00am - 9:45am	MS Aquatic Program (3) Lap Swim (1) 9:00am - 9:45am	Water X (4) 9:00am - 9:45am	MS Aquatic Program (3) Lap Swim (1) 9:00am - 9:45am	Water X (4) 9:00am - 9:45am		Lap Swim (3) Water Jogging (1) 6:00am -12:55pm
9:30 AM							
10:00AM	Water X (4) 10:00am -10:45am	F.I.T. Class (3) Lap Swim (1) 10:00am - 10:45am	Water X (4) 10:00am -10:45am	F.I.T. Class (3) Lap Swim (1) 10:00am - 10:45am	Water X (4) 10:00am -10:45am	Swim Lessons (3) Lap Swim (1) 9:00am-12:00pm	
10:30AM							
11:00AM	AFYAP (3) Lap Swim (1) 11:00am - 11:45am	AFYAP (3) Lap Swim (1) 11:00am - 11:45am	AFYAP (3) Lap Swim (1) 11:00am - 11:45am	AFYAP (3) Lap Swim (1) 11:00am - 11:45am	AFYAP (3) Lap Swim (1) 11:00am - 11:45am		
11:30AM							
12:00PM		Lap Swim (3) Water Jogging (1) 11:50am - 12:55pm		Lap Swim (3) Water Jogging (1) 11:50am - 12:55pm			
12:30PM	Lap Swim (3) Water Jogging (1) 11:50am - 1:55pm	AOA WaterWellness(3) Lap Swim (1) 1:00pm - 1:45pm		AOA WaterWellness(3) Lap Swim (1) 1:00pm - 1:45pm		Lap Swim (3) Water Jogging (1) 12:00pm -3:00pm	
1:00 PM			Lap Swim (3) Water Jogging (1) 11:50am - 4:10pm		Lap Swim (3) Water Jogging (1) 11:50am - 3:55pm		Swim Lessons (3) Lap Swim (1) 1:00pm - 4:00pm
1:30 PM	HomeSchool(2) Lap Swim (2) 2:00pm - 2:45pm	Lap Swim (3) Water Jogging (1) 1:50pm - 4:10pm		Lap Swim (3) Water Jogging (1) 1:50pm - 4:10pm			
2:00 PM							
2:30 PM							
3:00 PM	Lap Swim (3) Water Jogging (1) 2:45pm - 4:10pm					Family Swim (2) Lap Swim (2) 3:00pm - 5:00pm	
3:30 PM							Family Swim (2) Lap Swim (2) 4:00pm - 5:00pm
4:00 PM							
4:30 PM	Lap Swim (1) Swim Lessons (3) 4:15pm - 6:30pm	Lap Swim (1) Swim Lessons (3) 4:15pm - 5:40pm	Lap Swim (1) Swim Lessons (3) 4:15pm - 6:30pm	Lap Swim (1) Swim Lessons (3) 4:15pm - 7:10pm	Lap Swim (3) Water Jogging (1) 4:00pm - 5:55pm	Adult Lap Swim(3) Water Jogging (1) 5:00pm - 6:30pm	Adult Lap Swim(3) Water Jogging (1) 5:00pm - 6:30pm
5:00 PM							
5:30 PM		Swim Lessons (4) 5:45pm-6:30pm					
6:00 PM							
6:30 PM	Lap Swim (3) Water Jogging (1)	Swim Lessons (2) Lap Swim (2)	Lap Swim (3) Water Jogging (1)		Family Swim (2) Lap Swim (2) 6:00pm - 8:00pm	Family Swim (2) Lap Swim (2) 6:30pm - 7:30pm	Family Swim (2) Lap Swim (2) 6:30pm - 7:30pm
7:00 PM	Water X (3) Lap Swim (1) 7:15pm - 8:00pm		Deep Water X (3) Lap Swim (1) 7:15pm - 8:00pm				
7:30 PM							
8:00 PM		Lap Swim (3) Water Jogging(1) 7:15pm - 10:00pm		Adult Lap Swim(3) Water Jogging(1) 7:15pm - 10:00pm		Lap Swim (3) Water Jogging (1) 7:30pm - 9:00pm	Lap Swim (3) Water Jogging (1) 7:30pm - 9:00pm
8:30 PM	Lap Swim (3) Water Jogging(1) 8:05pm - 10:00pm		Lap Swim (3) Water Jogging(1) 8:05pm - 10:00pm		Lap Swim (3) Water Jogging(1) 8:05pm - 10:00pm		
9:00 PM							
9:30PM						CLOSED	CLOSED

A Lifeguard in-service is held monthly. Signs will be posted the week of. Two lanes may be dedicated to the in-service.

Children under the age of 15 must be accompanied by an adult (18) in the water unless they can pass the swim test.

Once earned, swim test wrist bands must be received from the front desk when children check in.

Lanes designated to Lap Swim are for people who are continuously swimming laps without water belts.

There is no limit to how many lap swimmers can be in a lane. 3 or more swimmers should circle swim in the lane.

Water jogging is allowed during specified time slots. Please follow the posted schedule. Thank you!

Adult Lap Swim is designated for Lap Swimmers 18 and older.

Additional lanes may be added or eliminated based on class participation numbers.

The rope swing will be available during family swim times at lifeguards discretion.

If you have any questions or concerns with the Lap Pool Schedule please feel free to contact the Aquatics Department.

Pool Length is 25 yards "Swimmers Mile" 1 mile = 70 lengths or 35 laps Actual Mile= 70.4 lengths, 35.2 laps

**Lap Swimmers! Join the 100 mile club! Swim 100 miles at your own pace and earn a t-shirt!**

Schedule subject to change based on class numbers. Please check for updated schedules.