



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAIN POOL SCHEDULE

## BLUE ASH YMCA

### Main Pool Schedule Jan-Feb 2020

Multiple activities are often scheduled in this pool at the same time.

#### Swimming Tips

To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there.

#### Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

#### Swim Meets

2020  
(Main Pool)  
Jan 31<sup>st</sup>-Feb 2<sup>nd</sup>

Private Lessons are conducted in lessons space or any unused lanes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:25 Lap Swim	5:00-8:25 Lap Swim	5:00-8:25 Lap Swim	5:00-8:25 Lap Swim	5:00-8:25 Lap Swim	6:00-9:00 Lap Swim	
8:30-9:30 Shallow Water Cardio and Strength (Level I,II)	8:30-9:30 Shallow Water Cardio and Strength (Level I,II)	8:30-9:30 Shallow Water Cardio and Strength (Level I,II)	8:30-9:30 Shallow Water Cardio and Strength (Level I,II)	8:30-9:30 Shallow Water Cardio and Strength (Level I,II)		12:00-5:45 Open Swim Lap Swim (3)
9:30-10:10 Deep Water		9:30-10:10 Deep Water			9:00-12:00 Swim Lessons(4) Lap Swim (2)	
9:30-11:00 Swim Lessons (4) Lap Swim(2)	9:30-11:00 Swim Lessons (4) Lap Swim(2)	9:30-11:00 Swim Lessons (3) Lap Swim(3)	9:30-11:00 Swim Lessons (4) Lap Swim(2)	9:30-11:00 Swim Lessons (3) Lap Swim (3)		
11:00-12:00 AF YMCA Aquatic Program Plus (Level I,II,III)	11:00-12:00 Water in Motion (Level I,II,III)	11:00-12:00 AF YMCA Aquatic Program Plus (Level I,II,III)	11:00-12:00 Water in Motion (Level I,II,III)	11:00-12:00 AF YMCA Aquatic Program Plus (Level I,II,III)	12:00-5:45 Open Swim Lap Swim (3)	
12:00-4:25 Open Swim Lap Swim (3)	12:00-4:25 Open Swim Lap Swim (3)	12:00-4:25 Open Swim Lap Swim (3)	12:00-4:25 Open Swim Lap Swim (3)	12:00-4:45 Open Swim Lap Swim (3)		
				12:15-1:15 Homeschool		
4:30-5:30 Swim Team(4) Swim Lessons (2) <b>No Lap Lane</b>	4:30-6:30 Synchro (4) Swim Lessons (2) <b>No Lap Lane</b>	4:30-5:30 Swim Team(4) Swim Lessons (2) <b>No Lap Lane</b>	4:30-6:30 Swim Lessons (4) Lap Swim(2)	2:00-2:45 Adult Lessons		
5:30-7:45 Swim Lessons (4) Lap Swim (2)		5:30-6:30 Swim Lessons (4) Lap Swim (2)		5:00-6:00 Swim Team(4) Lap swim (1) Lessons (1)		
	6:30-7:30 Swim Team(4) Swim Lessons (1) Lap Swim(1)	6:30-7:45 Swim Team (3) Swim Lessons (2) Lap Swim (1)	6:30-7:30 Swim Team(4) Swim Lessons(1) Lap swim (1)	6:00-8:45 Open Swim (2) Swim Lessons (2) Lap Swim (2)		6:00-8:00 Scuba
7:45-9:00 Open Swim(2) Swim Lessons (2) Lap Swim (2)	7:30-8:15 Swim Team (2) Swim Lessons (3) Lap Swim (1)	7:45-9:00 Open Swim(2) Swim Lessons(2) Lap Swim (2)	7:30-9:00 Swim Team (4) Lap Swim (1) Swim Lessons (1)			
	8:15-9:00 Swim Lessons (3) Lap Swim (3)					
9:00-9:45 Lap Swim (3) SCUBA (3)	9:00-9:45 Lap Swim (3) SCUBA (3)	9:00-9:45 Lap Swim (3) SCUBA (3)	9:00-9:45 Lap Swim (3) SCUBA (3)			

### Blue Ash YMCA

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