Comp Pool Schedule August 28 - Nov. 6, 2011

() denotes the number of lanes being used
* denotes circle swim is recommended

TIME	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Pool opens @ 5:30am	*Lap swim (8) 5:30am-9am	YMCA Swim Team (6) *Lap swim (2) 5:30am-7pm Sept 1	Tri-Training 5:45am-7am Sept 14-Dec 14 *Lap swim (6) 5:30am-7am	YMCA Swim Team (6) *Lap swim (2) 5:30am-7pm Sept 1	*Lap swim (8) 5:30am-9am		**Pool Temp: 80-82** **Air Temp: 84** **# of Lanes: 8** **Distance:** **1 length = 25 yards** **35 laps = 1mile**
7:00am	*Lap swim (8) 7am-9am	*Lap swim (8) 7am-4pm	*Lap swim (8) 7am-9am	*Lap swim (8) 7am-4pm	*Lap swim (8) 7am-9am	Pool Opens @ 7am YMCA Swim Team 7am-9:00am (8)	
9:00am	Deep H2O (3) 9am-10am *Lap swim (5) 9am-10am		Deep H2O (3) 9am-10am *Lap swim (5) 9am-10am		Deep H2O (3) 9am-10am *Lap swim (5) 9am-10am	YMCA Swim Team 9am-10:30am (6) *Lap swim (2) 9am-10:30am	
10:00am	*Lap swim (5) 10am-11am		*Lap swim (8) 10am-11:30am		*Lap swim (8) 10am-4pm	*Lap Swim (8) 10:30am-5:45pm	**Lap Swim** **Water Fitness** **LY Swim** **Masters**
11:00am	Masters (6) 11am-12pm Lap Swim 11am-11:30am (2)						
11:30am	*Lap swim (1) 11:30am-12pm MS Group (1) 11:30am-12:30pm		*Lap swim (6) 11:30am-12:30pm MS Group (2) 11:30am-12:30pm	*Lap Swim (8) 12pm-4pm		\	
12pm	*Lap Swim (8) 12:30pm-4pm		*Lap Swim (8) 12:30pm-4pm				Pool Opens @ 12:00pm
1pm							*Lap swim (8) 12pm-5:45pm
4:00pm	YMCA Swim Team (8) 4pm-5:30pm 5:30pm - 6pm (2)	YMCA Swim Team 4pm-5:30pm (8) 5:30pm - 6pm (2)	YMCA Swim Team (8) 4pm-5:30pm 5:30pm - 6pm (2)	YMCA Swim Team 4pm-5:30pm (8) 5:30pm - 6pm (2)	YMCA Swim Team (8) 4pm-6pm	*Lap Swim (8) Pool Closes @ 5:45pm	Pool Closes @ 5:45pm
5:30pm	Shallow/Deep (2) 5:45pm-6:30pm *Lap Swim (2) 5:45pm-6:30pm	Aqua Fit (2) 5:45pm-6:30pm *Lap Swim (2) 5:45pm-6:30pm	Combo H2O (2) 5:45pm-6:30pm *Lap Swim (2) 5:45pm-6:30pm	Aqua Fit (2) 5:45pm-6:30pm *Lap Swim (2) 5:45pm-6:30pm	*Lap swim (8) 6pm-7:45pm		
6:30pm	*Lap Swim (8) 6:30pm-9:45pm	*Lap Swim (3) 6:30pm-8:00pm Masters (5)	*Lap Swim (8) 6:30pm-9:45pm	*Lap Swim (3) 6:30pm-8:00pm Masters(5)	Pool Closes @ 7:45pm		
8:00pm		*Lap Swim (8) 8:00pm-9:45pm		*Lap Swim (8) 8:00pm-9:45pm			
Pool Closes @ 9:45pm	Pool Closes @ 9:45pm	Pool Closes @ 9:45pm	Pool Closes @ 9:45pm	Pool Closes @ 9:45pm			

Circle swim: Circle Swimming Etiquette:

* **Please swim in a counter-clockwise pattern.**
* **Notify all swimmers in a lane before you enter and begin swimming.**
* **When entering a lane please give the current swimmer the right of way.**
* **Please limit the amount of time you rest at the end of the lane and move out of the way of other swimmers.**
* **A lifeguard may ask you to move to another lane. Please comply, as this will make everyone's swim safer & more enjoyable.**

LY Swim Team practice schedule August - Nov.

Tues. and Thurs.:
5:30am-7am (6)
Mon. – Thurs.:
4pm-5:30pm (8)
5:30pm - 6pm (2)
Friday 4pm –6pm (8)
Saturday:
7am-9:00am (8)
9:00am-10:30am (6)

Tri-Training
Saturdays 9:15—10:45
Sept 10 - Oct 15
Oct 27 - Dec 3
No Class Nov 26th
Fee based class

Master's Swim Team
September 10 - Nov 15
Monday 11:00am -12:00pm
Tuesday & Thursday
6:30pm - 8:00pm

LY Swim Meet
September 23 from 3pm - 9pm
September 24 from 6am - 6pm
September 25 from 6am –6pm

High School Swim Team Practice begins
November 14, 2011 - February 23, 2012
Heritage HS 2:45pm-4pm (3)
Brookville HS 2:45pm-4pm (3)
Swim Meets at the Jamerson Family YMCA
Dec 2, 9. 16, and Jan. 13, 20, 27

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