



POOL SCHEDULE

Alliance Family YMCA JULY 1, 2018– JULY 31, 2018

330-823-1930 www.ymcastark.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-7:00 1/2 ADULT LAP 1/2 ADULT OPEN	5:30-6:30 1/2 ADULT LAP 1/2 ADULT OPEN	5:30-7:00 1/2 ADULT LAP 1/2 ADULT OPEN	5:30-6:30 1/2 ADULT LAP 1/2 ADULT OPEN	5:30-7:00 1/2 ADULT LAP 1/2 ADULT OPEN	7:00-8:30 ADULT OPEN
7:00-9:00 OPEN SWIM	6:30-8:30 OPEN SWIM	7:00-9:00 OPEN SWIM	6:30-8:30 OPEN SWIM	7:00-9:00 OPEN SWIM	8:30-9:00 OPEN SWIM
9:00-9:45 1/2 ARTHRITIS 1/2 ADULT LAP	8:30-9:30 1/2 ADULT LAP 1/2 HOSPITAL	9:00-9:45 1/2 ARTHRITIS 1/2 ADULT LAP	8:30-9:30 1/2 ADULT OPEN 1/2 ADULT LAP	9:00-9:45 1/2 ARTHRITIS 1/2 ADULT LAP	9:00-10:00 1/2 LESSONS 1/2 ADULT LAP
9:45-10:30 1/2 WATER EXERCISE 1/2 ADULT LAP	9:30-10:15 1/2 WATER EXERCISE 1/2 HOSPITAL NO LAP LANES	9:45-10:30 1/2 WATER EXERCISE 1/2 ADULT LAP	9:30-10:15 1/2 WATER EXERCISE 1/2 ADULT LAP	9:45-10:30 1/2 WATER EXERCISE 1/2 ADULT LAP	10:00-11:00 3/4 LESSONS 2 ADULT LAP LANE
10:30-11:30 1/3 ADULT OPEN 1/3 ADULT LESSON 1/3 ADULT LAP (2 lanes)	10:15-11:30 1/2 WATER EXERCISE (POOLATES) 1/2 HOSPITAL NO LAP LANES	10:30-11:00 OPEN SWIM	10:15-11:00 1/2 WATER EXERCISE (POOLATES) 1/2 ADULT LAP	10:30-11:00 1/2 ADULT OPEN 1/2 ADULT LAP	11:00-12:00 1/2 LESSONS 2 ADULT LAP LANE
	11:30-12:00 OPEN SWIM	11:00-12:00 1/4 SWIM LESSONS 1/4 ADULT OPEN 1/2 LAP	11:00-12:00 OPEN SWIM	11:00- 12:15 1/2 LESSONS 1/2 ADULT LAP	12:00-12:45 OPEN SWIM
	12:00-2:00 DAY CAMP	12:00-5:30 OPEN SWIM	12:00-2:00 DAY CAMP	12:15-5:30 OPEN SWIM	SUNDAY CLOSED
11:30-5:30 OPEN SWIM	2:00-4:30 OPEN SWIM		2:00-4:30 OPEN SWIM		
5:30-6:30 1/2 WATER EXERCISE 1/2 ADULT LAP	4:30-7:00 1/2 SWIM LESSONS 1/2 ADULT LAP	5:30-6:30 1/2 WATER EXERCISE 1/2 ADULT LAP	4:30-6:15 1/2 SWIM LESSONS 1/2 ADULT LAP		
6:30-7:30 OPEN SWIM	7:00-7:30 OPEN SWIM	6:30-7:30 OPEN SWIM	6:15-7:30 OPEN SWIM	5:30-7:30 1/2 FAMILY 1/2 ADULT LAP	
7:30-8:30 1/2 FAMILY 1/2 ADULT LAP	7:30-8:30 1/2 FAMILY 1/2 ADULT LAP	7:30-8:30 1/2 FAMILY 1/2 ADULT LAP	7:30-8:30 1/2 FAMILY 1/2 ADULT LAP		

OPEN/LAP SWIMS: Subject to change due to special programs.

OPEN SWIMS: Children under six and 48" must be accompanied by parent in the water.

FAMILY SWIMS: Adults and families. Children under 14 must be accompanied by own parent in the water or pool area.

PLEASE RESPECT LIFEGUARDS—**THE FIRST STEP IN SAFETY IS PREVENTION**-LIFEGUARDS ARE IN CHARGE OF POOL AREA!