



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# SUMMER POOL SCHEDULE

## DOW WESTSIDE YMCA

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday  |
|--|--|--|--|--|---|---|
| <b>5:30-8:00</b><br>Lap (3-6)<br>Open Swim (1,2)                           | <b>5:30-8:00</b><br>Lap (3-6)<br>Open Swim (1,2)                           | <b>5:30-8:00</b><br>Lap (3-6)<br>Open Swim (1,2)                           | <b>5:30-8:00</b><br>Lap (3-6)<br>Open Swim (1,2)                           | <b>5:30-8:00</b><br>Lap (3-6)<br>Open Swim (1,2)                           | <b>10:00</b><br>Open Swim (6)<br>Lessons (1-2)<br>Lap (3-5)<br><b>11:00-4:00</b><br>Open Swim (1-2)<br>Lap Swim (3-6) | <b>1:30-4:30</b><br>Open Swim<br>(1,2)<br>Lap Swim<br>(3-6) |
| <b>8:00-9:00</b><br>Swim Lesson (5,6)<br>Lap Swim (3,4)<br>Aerobics (1,2)  | <b>8:00-9:00</b><br>Swim Lesson (5,6)<br>Lap Swim (3,4)<br>Open (1,2)      | <b>8:00-9:00</b><br>Swim Lesson (5,6)<br>Lap Swim (3,4)<br>Aerobics (1,2)  | <b>8:00-9:00</b><br>Swim Lesson (5,6)<br>Lap Swim (3,4)<br>Open (1,2)      | <b>8:00-9:00</b><br>Swim Lesson (5,6)<br>Lap Swim (3,4)<br>Aerobics (1,2)  |   |   |
| <b>9:00-11:30</b><br>Swim Lesson (5,6)<br>Lap Swim(3,4)<br>Open Swim (1,2) | <b>9:00-11:30</b><br>Swim Lesson (5,6)<br>Lap Swim(3,4)<br>Open Swim (1,2) | <b>9:00-11:30</b><br>Swim Lesson (5,6)<br>Lap Swim(3,4)<br>Open Swim (1,2) | <b>9:00-11:30</b><br>Swim Lesson (5,6)<br>Lap Swim(3,4)<br>Open Swim (1,2) | <b>9:00-11:30</b><br>Swim Lesson (5,6)<br>Lap Swim(3,4)<br>Open Swim (1,2) |   |   |
| <b>11:30-12:30</b><br>Open Swim (1,2,5,6)<br>Lap Swim (3-4)                | <b>11:30-12:30</b><br>Open Swim (1,2,5,6)<br>Lap Swim (3-4)                | <b>11:30-12:30</b><br>Open Swim (1,2,5,6)<br>Lap Swim (3-4)                | <b>11:30-12:30</b><br>Open Swim (1,2,5,6)<br>Lap Swim (3-4)                | <b>11:30-12:30</b><br>Open Swim (1,2,5,6)<br>Lap Swim (3-4)                |   |   |
| <b>12:30-4:00</b><br>Open Swim (5,6)<br>Lap Swim (3,4)<br>Camp Swim (1,2)  | <b>12:30-4:00</b><br>Open Swim (5,6)<br>Lap Swim (3,4)<br>Camp Swim (1,2)  | <b>12:30-4:00</b><br>Open Swim (5,6)<br>Lap Swim (3,4)<br>Camp Swim (1,2)  | <b>12:30-4:00</b><br>Open Swim (5,6)<br>Lap Swim (3,4)<br>Camp Swim (1,2)  | <b>12:30-4:00</b><br>Open Swim (5,6)<br>Lap Swim (3,4)<br>Camp Swim (1,2)  |   |   |
| <b>4:00-4:30</b><br>Swim Lessons (6)<br>Lap Swim (2,3)<br>Swim Team (4,5)  | <b>4:00-4:30</b><br>Swim Lessons (6)<br>Lap Swim (2,3)<br>Swim Team (4,5)  | <b>4:00-4:30</b><br>Swim Lessons (6)<br>Lap Swim (2,3)<br>Swim Team (4,5)  | <b>4:00-4:30</b><br>Swim Lessons (6)<br>Lap Swim (2,3)<br>Swim Team (4,5)  | <b>4:00-4:30</b><br>Swim Lessons (6)<br>Lap Swim (2,3)<br>Swim Team (4,5)  |   |   |
| <b>4:30-5:30</b><br>Swim Lessons (6)<br>Lap Swim (2,3)<br>Swim Team (4,5)  | <b>4:30-5:30</b><br>Swim Lessons (6)<br>Lap Swim (2,3)<br>Swim Team (4,5)  | <b>4:30-5:30</b><br>Swim Lessons (6)<br>Lap Swim (2,3)<br>Swim Team (4,5)  | <b>4:30-5:30</b><br>Swim Lessons (6)<br>Lap Swim (2,3)<br>Swim Team (4,5)  | <b>4:30-5:30</b><br>Swim Lessons (6)<br>Lap Swim (2,3)<br>Swim Team (4,5)  |   |   |
| <b>5:30-6:30</b><br>Open swim (1-2)<br>Lap swim (3-4)<br>Swim Lesson (5-6) | <b>5:30-8:30</b><br>Open Swim (1,2)<br>Lap swim (3,4)<br>Swim Lesson (5,6) | <b>5:30-6:30</b><br>Open swim (1)<br>Swim Lesson (2,3)<br>Lap swim (4)     | <b>5:30-8:30</b><br>Open Swim (1,2)<br>Lap swim (3,4)<br>Swim Lesson (5,6) | <b>5:30-7:30</b><br>Swim Lesson (1,2)<br>Lap swim (3,4)<br>Open swim (5,6) |   |   |
| <b>6:30-8:30</b><br>Swim Lesson (6)<br>Lap Swim (2,3,4)<br>Open Swim (1,2) |  | <b>6:30-8:30</b><br>Swim Lesson (6)<br>Lap Swim (2,3,4)<br>Open Swim (1,2) |  |  |   |   |

**Schedule Begins Monday, May 23rd, and is subject to change**

**Please swim in proper lanes and areas as marked by signs.**

**Lane 3-6 Lap Swimming Tips**  
Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool.

**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.

**Speed**  
Please try to choose a lane with swimmers that most nearly match your speed.

**Please review pool rules**

**Lanes are listed within the parentheses**

**Please refer to the lifeguard on duty if you have any questions regarding the pool schedule areas designated for each program**