

AC Lewis YMCA Pool Schedule

July, 2017

OUTDOOR POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00a Lap Swim (3 Lanes) 5:30-7:30a Swim Team (3 Lanes)	5:30-7:00a Masters Swim (3 lanes) Lap Swim (3 Lanes)	5:30-7:00a Lap Swim (3 Lanes) 5:30-7:30a Swim Team (3 Lanes)	5:30-7:00a Masters Swim (3 lanes) Lap Swim (3 Lanes)	5:30-7:00a Lap Swim (3 Lanes) 5:30-7:30a Swim Team (3 Lanes)	7:30-9:30a Master's Swim (3 Lanes) Lap Swim (3 Lanes) 9:30-11:30a Swim Team (3 lanes)	
7:00-8:15a Open Swim (Lane 1) Lap Swim (Lane 2-6) 8:15-11:00a Swim Lessons (Lane 1) Lap Swim (Lane 2-6)	7:00-8:15a Open Swim (Lane 1) 7:00-11:00a Lap Swim (2 Lanes) 7:00-9:00a Swim Team (3 Lanes) 8:15-11:00a Swim Lessons (Lane 1)	7:00-8:15a Open Swim (Lane 1) Lap Swim (Lane 2-6) 8:15-11:00a Swim Lessons (Lane 1) Lap Swim (Lane 2-6)	7:00-8:15a Open Swim (Lane 1) 7:00-11:00a Lap Swim (2 Lanes) 7:00-9:00a Swim Team (3 Lanes) 8:15-11:00a Swim Lessons (Lane 1)	7:00-8:15a Open Swim (Lane 1) Lap Swim (Lane 2-6) 8:15-11:00a Swim Lessons MAKEUP as needed (Lane 1)	9:30a-5:30a Family/Open Swim (Lane 1) 11:30-5:30a Lap Swim (Lane 2-6)	
11:00a-4:00p Open Swim (Lane 1) Lap Swim (Lane 2-6)	11:00a-4:00p Open Swim (Lane 1) Lap Swim (Lane 2-6)	11:00a-4:00p Open Swim (Lane 1) Lap Swim (Lane 2-6)	11:00a-4:00p Open Swim (Lane 1) Lap Swim (Lane 2-6)	11:00a-3:00p Open Swim (Lane 1) Lap Swim (Lane 2-6) 3:00-4:00p CLOSED for maintenance		1:00-4:30 p Open/family Swim(Lane 1) Lap Swim (Lane 2-6)
4:00-6:45p Swim Lessons (Lane 1) 4:00-5:30p Lap Swim (Lane 2-6)	4:00-6:45p Swim Lessons (Lane 1) 4:00-5:30p Lap Swim (Lane 2-6)	4:00-6:45p Swim Lessons (Lane 1) 4:00-5:30p Lap Swim (Lane 2-6)	4:00-6:45p Swim Lessons (Lane 1) 4:00-5:30p Lap Swim (Lane 2-6)	4:00-6:00p Swim Team (3 lanes) 4:00-8:00p Lap Swim (3 Lanes)		
5:30-7:30p Swim Team (3 Lanes) Lap Swim (2 Lanes) 6:45-8:00p Lap Swim (3 Lanes)	5:30-7:30p Swim Team (3 Lanes) Lap Swim (2 Lanes) 6:45-8:00p Lap Swim (3 Lanes)	5:30-7:30p Swim Team (3 Lanes) Lap Swim (2 Lanes) 6:45-8:00p Lap Swim (3 Lanes)	5:30-7:30p Swim Team (3 Lanes) Lap Swim (2 Lanes) 6:45-8:00p Lap Swim (3 Lanes)			
POOL CLOSSES at 8:00p	POOL CLOSSES at 8:00p	POOL CLOSSES at 8:00p	POOL CLOSSES at 8:00p	POOL CLOSSES at 8:00p	POOL CLOSSES at 5:30p	POOL CLOSSES at 4:30p

- Share the Pool! Multiple activities are often scheduled in this pool at the same time – see above schedule for details.
- Schedule is subject to change
- Inclement Weather - Under the discretion of management, both pools will be closed due to inclement weather or other hazardous conditions.

350 S. Foster Drive
Baton Rouge, LA 70806
P: 225-924-3606; ymcabr.org

AC Lewis YMCA Pool Schedule

July, 2017

INDOOR POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:00a Lap Swim (Lane 1) Open Swim	5:30-8:00a Lap Swim (Lane 1) Open Swim	5:30-8:00a Lap Swim (Lane 1) Open Swim	5:30-8:00a Lap Swim (Lane 1) Open Swim	5:30-8:00a Lap Swim (Lane 1) Open Swim	5:30-8:00a Lap Swim (Lane 1) Open Swim	
9:00-9:45 Water Wellness	9:00-10:00a Aqua Zumba (no Lap Swim)	9:00-9:45 H2YOGA	9:00-9:45 Water Wellness		7:30a-5:00p Lap Swim (Lane 1) Open Swim	
8:00-12:30p Lap Swim (Lane 1) Open Swim	8:15-10:30 Swim Lessons Shallow End	8:15-10:30 Swim Lessons Shallow End	8:15-10:30 Swim Lessons Shallow End	8:15-10:30 Swim Lessons Shallow End		
8:15-10:30 Swim Lessons Shallow End	10:30 - 12:30P Lap Swim (Lane 1) Open Swim	Lap Swim (Lane 1) Open Swim	Lap Swim (Lane 1) Open Swim	Lap Swim (Lane 1) Open Swim		
10:00-11:00a Aqua "Core"dio Shallow End		10:00-11:00a Aqua "Core"dio Shallow End		10:00-11:00a Aqua "Core"dio Shallow End		1:00-4:00p Lap Swim (Lane 1) Open Swim
11:00-12:00 Deep water Fit Patsy Lap Swim (Lane 1) Open Swim (Shallow)		11:00-12:00 Deep water Fit Patsy Lap Swim (Lane 1) Open Swim (Shallow)		11:00-12:00 Deep water Fit Patsy Lap Swim (Lane 1) Open Swim (Shallow)	11:00-12:00 Deep water Fit Patsy Lap Swim (Lane 1) Open Swim (Shallow)	
Pool is closed M-F 1-3 pm for summer camp and maintenance						
3:00-5:30p Lap Swim (Lane 1) Open Swim	3:00-4:30p Lap Swim (Lane 1) Open Swim	3:00-4:30p Lap Swim (Lane 1) Open Swim	3:00-4:30p Lap Swim (Lane 1) Open Swim	3:00-5:30p Lap Swim (Lane 1) Open Swim		
4:00 - 6:45p Swim Lessons	4:00 - 6:45p Swim Lessons	4:00 - 6:45p Swim Lessons	4:00 - 6:45p Swim Lessons	4:00 - 6:45p Swim Lessons		
POOL CLOSSES at 8:00p	POOL CLOSSES at 8:00p	POOL CLOSSES at 8:00p	POOL CLOSSES at 8:00p	POOL CLOSSES at 8:00p	POOL CLOSSES at 5:30p	POOL CLOSSES at 4:30p

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