



AC Lewis YMCA Pool Schedule

March 2018

OUTDOOR POOL

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|---|--|
| 5:30-7:00a Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> 7:00-8:00a SJA <i>(Lane 5-6)</i> Lap Swim <i>(Lane 1-4)</i> | 5:30-7:00a Masters Swim <i>(3 lanes)</i> Lap Swim <i>(3 Lanes)</i> 7:00-8:00a SJA <i>(Lane 5-6)</i> Lap Swim <i>(Lane 1-4)</i> | 5:30-7:00a Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> 7:00-8:00a SJA <i>(Lane 5-6)</i> Lap Swim <i>(Lane 1-4)</i> | 5:30-7:00a Masters Swim <i>(3 lanes)</i> Lap Swim <i>(3 Lanes)</i> 7:00-8:00a SJA <i>(Lane 5-6)</i> Lap Swim <i>(Lane 1-4)</i> | 5:30-7:00a Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> 7:00-8:00a SJA <i>(Lane 5-6)</i> Lap Swim <i>(Lane 1-4)</i> | 7:30-9:30a Master's Swim <i>(3 Lanes)</i> Lap Swim <i>(3 Lanes)</i> 9:30a-5:30p Family/Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> | |
| 10:00a-11:00pm Open Swim <i>(Lane 4-6)</i> BRH <i>(Lane 1-3)</i> | 8:30a-11:00pm Open Swim <i>(Lane 4-6)</i> BRH <i>(Lane 1-3)</i> | 9:00a-11:00pm Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> | 8:30a-11:00pm Open Swim <i>(Lane 4-6)</i> BRH <i>(Lane 1-3)</i> | 10:00am-11:00pm Open Swim <i>(Lane 4-6)</i> BRH <i>(Lane 1-3)</i> | | 1:00-4:30 pm Open/family Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> |
| 11:00-5:30p Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> | 11:00-5:30p Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> | 11:00-5:30p Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> | 11:00-5:30p Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> | 3:00-4:00pm CLOSED for maintenance 4:00-5:30p Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> | | |
| 5:30-7:30p <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> | 5:30-7:30p Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> | 5:30-7:30p Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> | 5:30-7:30p Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> | 5:30-7:30p Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i> | | |
| POOL CLOSSES at 7:30p | POOL CLOSSES at 7:30p | POOL CLOSSES at 7:30p | POOL CLOSSES at 7:30p | POOL CLOSSES at 7:30p | POOL CLOSSES at 5:30p | POOL CLOSSES at 4:30p |

NOTES:

- Y-USA standards for healthy lap swimming temperatures range from 78 – 82F. When the outdoor pool temperature reaches 83F, the Lifeguards be turn on the Aerators to cool the pool and maintain proper chemical balance.
- 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. When the environmental temperature is below 40F, the outdoor pool will be closed.

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



AC Lewis YMCA Pool Schedule

March 2018

INDOOR POOL

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

Aqua Blast : Just add water and shake! This is the low impact dance party for the ages! Come have fun and get a great workout –it a blast!

Aqua Core-dio: A shallow water functional fitness class that provides core training and stretching.The goal of this class is to improve function for daily living and provide some cardiorespiratory training.

Deep Water Fit: A deep water class designed to provide cardiorespiratory training, muscular strength and endurance and flexibility. Individuals with varying fitness levels can participate.

Aqua Wellness: Go with the flow! This class is designed to be easy on the joints while increasing strength, balance, and flexibility. Mind-body awareness and connection are achieved.

P.I.T (Pool Interval Training): Interval training is an effective high intensity workout through a variety of simple, yet intense exercises, each class is designed to blast away calories and provide noticeable results in a short amount of time! A combination of shallow and deep water will be utilized.

Water Workout: This class is designed for those with limited range of motion or other musculoskeletal concerns. Gentle stretches improve and reduce joint pain, while core strengthening moves improve posture and balance. Muscle toning and 10 minutes light, little to no impact.



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