



# AC Lewis YMCA Pool Schedule NOV 2017

## OUTDOOR POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30-7:00a</b> Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>  <b>7:00-8:00a*</b> Lap Swim <i>(Lane 1-2)</i> <b>SJA</b> <i>(Lane 3-6)</i> <b>*SJA Ends 11/9</b>	<b>5:30-7:00a</b> Masters Swim <i>(3 lanes)</i> Lap Swim <i>(3 Lanes)</i>  <b>7:00-8:00a</b> Lap Swim <i>(Lane 1-2)</i> <b>SJA</b> <i>(Lane 3-6)</i>	<b>5:30-7:00a</b> Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>  <b>7:00-8:00a</b> Lap Swim <i>(Lane 1-2)</i> <b>SJA</b> <i>(Lane 3-6)</i>	<b>5:30-7:00a</b> Masters Swim <i>(3 lanes)</i> Lap Swim <i>(3 Lanes)</i>  <b>7:00-8:00a</b> Lap Swim <i>(Lane 1-2)</i> <b>SJA</b> <i>(Lane 3-6)</i>	<b>5:30-7:00a</b> Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>  <b>7:00-8:00a</b> Lap Swim <i>(Lane 1-2)</i> <b>SJA</b> <i>(Lane 3-6)</i>	<b>7:30-9:30a</b> Master's Swim <i>(3 Lanes)</i> Lap Swim <i>(3 Lanes)</i>  <b>9:30a-5:30p</b> Family/Open Swim <i>(Lane 1)</i>	
<b>8:00a-10:00a</b> Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>  <b>3:00-4:15p*</b> <b>BRHS Swim Team</b> <i>(Lane 2-5)</i> Lap Swim <i>(Lane 1 &amp; 6)</i> <b>*BRHS Ends 11/17</b>	<b>8:00a-8:30a</b> Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>  <b>3:00-4:15p</b> <b>BRHS Swim Team</b> <i>(Lane 2-5)</i> Lap Swim <i>(Lane 1 &amp; 6)</i>	<b>8:00a-3:00p</b> Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>  <b>3:00-4:15p</b> <b>BRHS Swim Team</b> <i>(Lane 2-5)</i> Lap Swim <i>(Lane 1 &amp; 6)</i>	<b>8:00a-8:30a</b> Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>  <b>3:00-4:15p</b> <b>BRHS Swim Team</b> <i>(Lane 2-5)</i> Lap Swim <i>(Lane 1 &amp; 6)</i>	<b>8:00a-10:00a</b> Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>  <b>3:00-4:00p</b> <b>CLOSED for maintenance</b>		<b>1:00-4:30 p</b> Open/Family Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>
<b>4:15-5:30p</b> Open Swim <i>(Lane 1)</i>  <b>4:30-6:30p*</b> <b>CHS Swim Team</b> <i>(Lane 2-5)</i> <b>*CHS Ends 11/20</b>	<b>4:15-5:30p</b> Open Swim <i>(Lane 1)</i>  <b>4:30-6:30p</b> <b>CHS Swim Team</b> <i>(Lane 2-5)</i>	<b>4:15-5:30p</b> Open Swim <i>(Lane 1)</i>  <b>4:30-6:30p</b> <b>CHS Swim Team</b> <i>(Lane 2-5)</i>	<b>4:15-5:30p</b> Open Swim <i>(Lane 1)</i>  <b>4:30-6:30p</b> <b>CHS Swim Team</b> <i>(Lane 2-5)</i>	<b>4:00-5:30p</b> Open Swim <i>(Lane 1)</i>  <b>4:30-6:30p</b> <b>CHS Swim Team</b> <i>(Lane 2-5)</i>		
<b>5:30-7:30p</b> <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>	<b>5:30-7:30p</b> Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>	<b>5:30-7:30p</b> Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>	<b>5:30-7:30p</b> Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>	<b>5:30-7:30p</b> Open Swim <i>(Lane 1)</i> Lap Swim <i>(Lane 2-6)</i>		
<b>POOL CLOSSES</b> <b>at 7:30p</b>	<b>POOL CLOSSES</b> <b>at 7:30p</b>	<b>POOL CLOSSES</b> <b>at 7:30p</b>	<b>POOL CLOSSES</b> <b>at 7:30p</b>	<b>POOL CLOSSES</b> <b>at 7:30p</b>	<b>POOL CLOSSES</b> <b>at 5:30p</b>	<b>POOL CLOSSES</b> <b>at 4:30p</b>

### 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 NOV 2017

## 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 - pool	
9:00-9:45 Water Wellness  Lap Swim (Lane 1) Open Swim - Deep	9:00-10:00a Aqua Zumba (no Lap Swim)  Open Swim - Deep	9:00-9:45 H2YOGA  Lap Swim (Lane 1) Open Swim - Deep	9:00-9:45 Water Wellness  Lap Swim (Lane 1) Open Swim- Deep	8:00-10:00a Lap Swim (Lane 1)  Open Swim - pool		
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	3:00-4:30p 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		
5:30-6:30p Deep Water Fit	5:30-6:30p Deep Water Fit	5:30-6:30p Deep Water Fit	5:30-6:30p Deep Water Fit	5:30-6:30p Deep Water Fit		
<b>POOL CLOSSES</b> at 8:00p	<b>POOL CLOSSES</b> at 8:00p	<b>POOL CLOSSES</b> at 8:00p	<b>POOL CLOSSES</b> at 8:00p	<b>POOL CLOSSES</b> at 7:30p	<b>POOL CLOSSES</b> at 5:30p	<b>POOL CLOSSES</b> 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.

**H2"YOGA"**: 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.