



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

COMPETITION POOL SCHEDULE

WACO FAMILY YMCA

| Competition Pool Schedule | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|------------------------------|------------------------|
| Spring 2012 Effective: 2/13/12 | 5:00-5:30 Open Swim | 5:00-5:30 Open Swim | 5:00-5:30 Open Swim | 5:00-5:30 Open Swim | 5:00-5:30 Open Swim | Closed | Closed |
| Multiple activities are often scheduled in this pool at the same time. | 5:30-7:00 Heat Swim | 5:30-7:00 Open Swim | 5:30-7:00 Heat Swim | 5:30-7:00 Open Swim | 5:30-7:00 Heat Swim | 8:00-11:15 Heat Swim Team | Closed |
| 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. At least one lane will be available for lap swim at all times. | 7:00-8:00 Open Swim | 7:30-8:30 Water Fitness Becky Ward | 7:00-8:00 Open Swim | 7:30-8:30 Water Fitness Becky Ward | 7:00-8:00 Open Swim | 11:15-5:30 Open Swim | Closed |
| | 8:00-9:00 Open Swim | 8:30-9:00 Aqua Jog Becky Ward | 8:00-9:00 Open Swim | 8:30-9:00 Aqua Jog Becky Ward | 8:00-9:00 Open Swim | 11:15-5:30 Open Swim | 1:00-6:30 Open Swim |
| | 9:00-10:00 Water Fitness June Bryngleson | 9:00-10:00 Water Fitness Dawn Hayden | 9:00-10:00 Water Fitness June Bryngleson | 9:00-10:00 Water Fitness Dawn Hayden | 9:00-10:00 Water Fitness Becky Ward | | |
| | 10:00-11:00 Water Fitness Bonnie Belanger | 10:00-11:00 Finning Linda Massmen | 10:00-11:00 Water Fitness Bonnie Belanger | 10:00-11:00 Finning Linda Massmen | 10:00-11:00 Finning Linda Massmen | | |
| 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. | 11:00-3:00 Open Swim All Lanes | 11:00-3:00 Open Swim All Lanes | 11:00-3:00 Open Swim All Lanes | 11:00-3:00 Open Swim All Lanes | 11:00-3:00 Open Swim All Lanes | | |
| | 3:00-5:00 Midway Swim | 3:00-5:00 Midway Swim | 3:00-5:00 Midway Swim | 3:00-5:00 Midway Swim | 3:00-5:00 Midway Swim | | |
| Speed Please try to choose a lane with swimmers that most nearly match your speed. | 4:30-7:30 Heat Swim | 4:30-7:30 Heat Swim | 4:30-7:30 Heat Swim | 4:30-7:30 Heat Swim | 5:00-7:30 Heat Swim | | |
| | 5:30-6:15 Finning Amy Haga | 5:00-7:00 Y Swim Lessons | 5:30-6:15 Finning Amy Haga | 5:00-7:30 Heat Swim | 5:00-7:00 Y Swim Lessons | | |
| Y Swim Lessons Swim lessons will take place in the shallow end and lanes 7 & 8 and Tuesday and Friday. | 5:30-6:30 | 6:30-7:30 H2O Aerobics Marilyn Harren | 5:30-6:30 | 6:30-7:30 H2O Aerobics Marilyn Harren | 5:30-6:15 Finning Sherrill Ashby | | |
| | 7:30-9:00 Open Swim | 7:30-9:00 Open Swim | 7:30-9:00 Open Swim | 7:30-9:00 Open Swim | 7:30-8:30 Open Swim | | |

YMCA of Central Texas

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