



Aquatics Schedule

Robert Lee YMCA

May 2 - July 3, 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
MORNING		Full Lane Swim 6:00am - 1:00pm	Full Lane Swim 6:00 - 9:30am	Full Lane Swim 6:00am - 9:30am	Full Lane Swim 6:00 - 10:30am	Full Lane Swim 6:00 - 9:30am	Full Lane Swim 7:00 - 8:30am		Full Lane Swim 7:00 - 9:30am			
							Partial Lane Swim 9:30 - 10:30am	Y Gentle Aquafit 9:30 - 10:15am		Partial Lane Swim 9:00 - 9:45am	Y Gentle Aquafit 9:00 - 9:45am	Partial Lane Swim 9:30 - 10:30am
AFTERNOON				Full Lane Swim 12:00 - 1:00pm		Full Lane Swim 10:30am - 1:00pm						
		Partial Lane Swim 4:00 - 5:00pm	Y Gentle Aquafit 4:15 - 5:00pm	Full Lane Swim 4:00 - 5:30pm	Full Lane Swim 4:00 - 4:30pm	Full Lane Swim 4:00 - 5:30pm						
EVENING		Full Lane Swim 5:00 - 8:30pm	Partial Lane Swim 5:30 - 8:30pm	Open Swim 5:30 - 8:30pm	Partial Lane Swim 4:30 - 8:30pm	Swim Lessons 4:30 - 8:30pm	Partial Lane Swim 5:30 - 8:30pm	Open Swim 5:30 - 8:30pm				

*No aquafit on statutory holidays.

Please note: Lifeguard courses & Private Lessons may occur in the pool area anytime.

Aquatics, RLY - Updated: April 25, 2022

Schedule subject to change without notice.

ACTIVITIES	Full Lane Swim	<p>During these designated times, the pool is configured to all for Lane Swim Only.</p> <p>A reminder regarding Lane Swim Etiquette:</p> <p>Choose the appropriate lane for your pace.</p> <p>Swim to the right side of the lane.</p> <p>Faster swimmers must pass to the left.</p> <p>When entering the lane, give other swimmers the right of way.</p> <p>When resting, please keep to the corner to allow other swimmers to use the wall.</p>
	Partial Lane Swim	<p>During this time the pool is configured to have one to three lanes dedicated for Lane Swim Only.</p> <p>Additional aquatic activities may be occurring in other areas of the pool.</p> <p>Please see above for Lane Swim Etiquette.</p>
	Open Swim	<p>During this this time a section of the pool will be open for any type of swimming or water activity. Children are welcome in the pool during this time.</p>
	Early Years Swim	<p>During this time a section of the pool will be open for families with children 5 years of age and younger.</p>
AQUAFIT	Y Gentle Aquafit	<p>This water exercise class is for those looking for a light, low impact, joint-friendly workout. Improve core strength, endurance, range of motion, flexibility and balance. All levels welcome.</p>