



## 6 Lane Pool Schedule April 8- May 26

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30	Lap Swim 5:15-9:15am [6]	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
6:00		5:15-6:00am [6]	5:15-6:00am [6]	5:15-6:00am [6]	5:15-6:00am [6]	MYST Masters 6:00-7:15am [3]		
6:30		MYST Masters	MYST	MYST Masters	MYST			
7:00		6:00-7:15am [3]	6:00-7:15am [4]	6:00-7:15am [3]	6:00-7:15am [3]		Lap Swim 7:00-10:00am [6]	
7:30			Lap Swim	Lap Swim	Lap Swim	MYST		
8:00			7:15-9:15am [6]	7:15-9:15am [6]	7:15-9:15am [6]	7:15-8:30am [2]		
8:30		Lap Swim 7:15- 4:30pm [6]	Deep Water	Deep Water	Deep Water	Swim Lessons		
9:00	Deep Water		9:15-10:15am [3]	9:15-10:15am [3]	9:15-10:15am [3]	8:30-11:00am [3]	Swim Lessons 10:00-12:00pm [3]	
9:30	9:15-10:15am [3]					Power Splash/Lessons 11:00-12:00pm [2]		
10:00	Lap Swim 10:15am-4:15pm [6]			Lap Swim	Lap Swim	Lap Swim	Lap Swim 12:00-7:00pm [6]	Lap Swim 12:00-6:00pm [6]
10:30				10:15am-4:15pm [6]	10:15am-4:15pm [6]	10:15 am-4:15pm [6]		
11:00								
11:30								
12:00								
12:30								
1:00								
1:30								
2:00								
2:30								
3:00								
3:30								
4:00	MYST		MYST	MYST	MYST			
4:30	Swim Team	Swim Lessons	Swim Team	Swim Lessons	Swim Team			
5:00	4:15-6:00pm [0]	4:30-5:15pm [3]	4:15-6:00pm [0]	4:30-5:15pm [3]	4:15-6:15pm [0]			
5:30		5:15- 6:00pm [0]		5:15- 6:00pm [0]				
6:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim 6:15-9:30pm [6]			
6:30	6:00-7:00pm [6]	6:00-7:00pm [6]	6:00-7:00pm [6]	6:00-7:00pm [6]				
7:00	Swim Team	Swim Team	Swim Team	Swim Team				
7:30	7:00-7:15pm [1]	7:00-7:15pm [1]	7:00-7:15pm [1]	7:00-7:15pm [1]				
8:00	7:15-8:30pm [0]	7:15-8:30pm [0]	7:15-8:30pm [0]	7:15-8:30pm [0]				
8:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
9:00	8:30-9:30pm [6]	8:30-9:30pm [6]	8:30-9:30pm [6]	8:30-9:30pm [6]				
9:30								

\*\* The number inside the [ ] is the number of lanes open for Lap Swim

\*\*Lane lines may be moved 5 minutes prior to the start of a class      \*\* Lap Swimmers must be able to swim two complete laps

Private Swim Lessons may be taught during lap swim times

Proper Swim attire required-no gym shorts, street clothes or underwear permitted in the Aquatics Facility

HOT TUB IS CLOSED SUNDAYS 10:30-1:00pm for Cleaning      PLEASE Shower Before entering the Aquatics Facility

The 6L Pool is maintained between 79- 81 degrees **NO SWIM MEETS**

Pool schedule subject to change without notice



## Lap Swimming Etiquette

Whether you are new to lap swimming or a dedicated fitness swimmer, the McGaw YMCA requests that everyone use common sense and observe a few basic rules and be courteous to make lap swimming safer, more pleasant, and more productive for all participants.

### Entering the Water

No diving allowed. When you enter the water, never jump or push off into oncoming swimmers. Wait until they have made the turn and pushed off. Inform other swimmers of your intention and remain aware of arriving swimmers.

### Circle swimming:

If you are in a circle swim lane you **MUST** circle swim. You should attempt to remain aware of the space between swimmers, anticipating the likelihood of another swimmer overtaking you. This is easily accomplished by looking back just before or during each turn.

### Passing:

Pass on the left. Tap the foot of the person in front of you before passing. Overtaking swimmers should not attempt to swim wide past a slower swimmer unless they are the only two swimmers in the lane. Wide passes can present a hazard to other oncoming swimmers, forcing them to pull over to get out of the way.

Swimmers being overtaken should stop at the next wall, at the corner of the lane, and wait until the other swimmer has pushed off. Swimmers being overtaken should not attempt to speed up (or slow down) once tagged.

If two or more swimmers are closely matched in pace they should either position themselves at opposite ends of a lane (endless pursuit) or agree on how to share the lead.

### Stopping:

If you need to stop, proceed to the next wall and move into the corner to the right of oncoming swimmers, so they will have sufficient room to turn. Swim complete laps to avoid confusion with others in your lane.

### Use of Swim Aids:

Please respect the swim aids of other swimmers. Kickboards, fins, hand paddles, pull buoys or other swim devices positioned at the end of a lap lane should be left untouched unless you obtain permission from the person who brought it over to the side of the pool. Borrowing something may force a fellow swimmer to interrupt his or her routine, get out of the pool to find a replacement, and in the process lose their position in that lane.

### Please note:

Lap swimmers must be able to swim two complete laps

Lane lines may be moved 5 minutes prior to the start of a class

The number inside the [ ] is the number of lanes open for Lap Swim

MYST Masters/Swim Team will use lanes 4-6 in the AM

**\*\*\* No nose blowing or spitting allowed in the pool \*\*\***