



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUTDOOR POOL SCHEDULE

C.B. PENNINGTON, JR. YMCA

Outdoor Pool Activity Schedule August 2019

Schedule Begins Saturday, August 1 and is subject to change

Multiple activities are often scheduled in this pool at the same time.

Important 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.

You may be asked to share a lane if all lanes are occupied.

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.

Speed

Please try to choose a lane with swimmers that most nearly match your speed.

C.B. Pennington, Jr. YMCA

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					6:30-7:45am Masters Swim		
	8:30-9:30am Water Aerobics with Lisa	8:30-9:30am Deep Water Aerobics with Lisa	8:30-9:30am Water Aerobics with Lisa	8:30-9:30am Deep Water Aerobics with Lisa	8:30-9:30am Water Aerobics with Lisa	8:00-9:15am Masters Swim	
		10:00-11:00am Water Aerobics with Mischa		10:00-11:00am Water Aerobics with Mischa			
	3:15-4:30pm High School Swim Team	3:15-4:30pm High School Swim Team	3:15-4:30pm High School Swim Team	3:15-4:30pm High School Swim Team	3:15-4:30pm High School Swim Team		
		5:30-6:30pm Swim Team		5:30-6:30pm Swim Team			
	6:15-7:30pm Masters Swim		6:15-7:30pm Masters Swim				