



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

## C.B. PENNINGTON, JR. YMCA

Indoor Pool Activity Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>March 2019</b>		5:15-6:30 Masters Swim (Lanes 4-6)					
Schedule Begins Friday, March 1 and is subject to change	8:30-9:30 Water	8:30-9:30 Deep Water	8:30-9:30 Water	8:30-9:30 Deep Water	8:30-9:30 Water		
Multiple activities are often scheduled in this pool at the same time.	Aerobics with Lisa (Lanes 1-4)	Aerobics with Lisa (Lanes 1-2)	Aerobics with Lisa (Lanes 1-4)	Aerobics with Lisa (Lanes 1-2)	Aerobics with Lisa (Lanes 1-4)		
						9:30-11:30 Swim Lessons (Lanes 1-2)	
<b>Important Lap Swimming Tips</b>							
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.		10:00-11:00 Water Aerobics with Mischa (Lanes 1-4)		10:00-11:00 Water Aerobics with Mischa (Lanes 1-4)			
		5:30-6:30 Swim Team (Lanes 3-6)		5:30-6:30 Swim Team (Lanes 3-6)			
You may be asked to share a lane if all lanes are occupied.	6:15-7:30pm Masters Swim (Lanes 3-6)		6:15-7:30pm Masters Swim (Lanes 3-6)				

### 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

15550 Old Hammond Hwy., Baton Rouge, LA 70816  
P 225 272 9622 ymcabr.org