



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule

Southside YMCA

Lap Pool Schedule August through December 2019

*Schedule is
subject to change*

Swimming Tips

Please enter the pool from the ladder. To avoid accidents, when entering an occupied lane, please get the person(s) acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool.

Private Swim Lessons

Are set by the Instructor and student. They may take place in any lane.

Group Swim Lessons

Days and times will vary. These sessions tend to use lane 3.

Open Swim

Walkers and families are asked to *share the lane.*
Swim Lessons

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-10:00 Lap Swim (lane 1 & 2)	5:00-10:00 Lap Swim (lane 1 & 2)	5:00-10:00 Lap Swim (lane 1 & 2)	5:00-10:00 Lap Swim (lane 1 & 2)	5:00-10:00 Lap Swim (lane 1 & 2)	5:00-10:00 Lap Swim (lane 1 & 2)	8:00-2:30 Lap Swim (lane 1 & 2)	1:00-4:30 Lap Swim (lane 1 & 2)
5:00-10:00 Open Swim/ Swim Lessons (Lane 3)	5:00-10:00 Open Swim/ Swim Lessons (Lane 3)	5:00-10:00 Open Swim/ Swim Lessons (Lane 3)	5:00-10:00 Open Swim/ Swim Lessons (Lane 3)	5:00-10:00 Open Swim/ Swim Lessons (Lane 3)	5:00-10:00 Open Swim/ Swim Lessons (Lane 3)	8:00-2:30 Open Swim/ Swim Lessons (Lane 3)	1:00-4:30 Open Swim/ Swim Lessons (Lane 3)
10:00-11:00 Aqua Fit (lanes 1-3)	10:00-11:00 Aqua Fit (lanes 1-3)	10:00-11:00 Aqua Fit (lanes 1-3)	10:00-11:00 Aqua Fit (lanes 1-3)	10:00-11:00 Aqua Fit (lanes 1-3)	10:00-11:00 Aqua Fit (lanes 1-3)		
11:00-6:00 Lap Swim (lane 1 & 2)	11:00-3:00 Lap Swim (lane 1 & 2)	11:00-6:00 Lap Swim (lane 1 & 2)	11:00-3:00 Lap Swim (lane 1 & 2)	11:00-3:00 Lap Swim (lane 1 & 2)	11:00-6:30 Lap Swim (lane 1 & 2)		
11:00-6:00 Open Swim/ Swim Lessons (Lane 3)	11:00-3:00 Open Swim/ Swim Lessons (Lane 3)	11:00-6:00 Open Swim/ Swim Lessons (Lane 3)	11:00-3:00 Open Swim/ Swim Lessons (Lane 3)	11:00-3:00 Open Swim/ Swim Lessons (Lane 3)	11:00-6:30 Open Swim/ Swim Lessons (Lane 3)		
6:00-7:00 Aqua Fit (lanes 1-3)	3:00-4:00 Closed for maintenance	6:00-7:00 Aqua Fit (lanes 1-3)	3:00-4:00 Closed for maintenance				
7:00-8:30 Lap Swim (lane 1 & 2)	4:00-8:30 Lap Swim (lane 1 & 2)	7:00-8:30 Lap Swim (lane 1 & 2)	4:00-8:30 Lap Swim (lane 1 & 2)				
7:00-8:30 Open Swim/ Swim Lessons (Lane 3)	4:00-8:30 Open Swim/ Swim Lessons (Lane 3)	7:00-8:30 Open Swim/ Swim Lessons (Lane 3)	4:00-8:30 Open Swim/ Swim Lessons (Lane 3)				

Southside YMCA

8482 Perkins Road, Baton Rouge, La. 70810
P 225 766 2991 ymcabr.org