

# North Lexington Family YMCA Aquatic Schedule July 2010

## Lap Swim Times (available lanes)

<b><u>Monday</u></b>	<b><u>Thursday</u></b>
5:30 am-9:30 am (3) 9:30 am-2:30 pm (2) 2:30 pm-5:30 pm (3) 5:30 pm-6:30 pm (1) 6:30 pm-9:45 pm (2)	5:30 am-8:30 am (3) 8:30 am-9:30 am (2) 9:30 am-11:00 am (1) 11:00 am-1:30 pm (3) 1:30 pm-3:30 pm (2) 3:30 pm-4:45 pm (3) 4:45 pm-7:15 pm (1) 7:15 pm-9:45 pm (2)
<b><u>Tuesday</u></b>	<b><u>Friday</u></b>
5:30 am-8:30 am (3) 8:30 am-9:30 am (2) 9:30 am-11:00 am (1) 11:00 am-1:30 pm (3) 1:30 pm-3:30 pm (2) 3:30 pm-4:45 pm (3) 4:45 pm-7:15 pm (1) 7:15 pm-9:45 pm (2)	5:30 am-11:45 am (3) 11:45 am-1:00 pm (2) 1:00 pm-5:30 pm (3) 5:30 pm-6:30 pm (1) 6:30 pm-9:45 pm (2)
<b><u>Wednesday</u></b>	<b><u>Saturday</u></b>
5:30 am-9:30 am (3) 9:30 am-2:30 pm (2) 2:30 pm-5:30 pm (3) 5:30 pm-6:30 pm (1) 6:30 pm-9:45 pm (2)	7:00 am-9:00 am (3) 9:00 am-7:45 pm (2)
	<b><u>Sunday</u></b>
	12:00 pm- 2:00 pm (3) 2:00 pm-7:45 pm (2)

\*\*\*NOTICE\*\*\*

During the summer, we host not only our summer camp in our pool but other programs as well. Please be considerate to changes in the schedule that may come last minute.

We will update the schedule when we know of changes ahead of time. Due to potential weather, there may be less lanes available at any certain time.

Thank you for your understanding!

## Open/Family Swim Times (available lanes)

<b><u>Monday</u></b>	<b><u>Thursday</u></b>
5:30 am-9:30 am (2) 9:30 am-12:00 am (deep end) 12:00 pm—1:00 pm (0) 1:00 pm- 2:30 pm (deep end) 2:30 pm-5:30 pm (2) 5:30 pm-6:30 pm (1) 6:30 pm-7:30 pm (deep end) 7:30 pm -8:30 pm (shallow end) 8:30 pm—9:45 pm (3)	5:30 am-8:30 am (2) 8:30 am-11:30 am (deep end ) 11:30 am-1:00 pm (2) 1:00 pm-3:30 pm (deep end ) 3:30 pm-4:45 pm (2) 4:15 pm-7:15 pm (deep end ) 7:15 pm-9:45 pm (3)
<b><u>Tuesday</u></b>	<b><u>Friday</u></b>
5:30 am-8:30 am (2) 8:30 am-11:30 am (deep end) 11:30 am-1:30 pm (2) 1:30 pm-3:30 pm (deep end) 3:30 pm-4:45 pm (2) 4:15 pm-7:15 pm (deep end ) 7:15 pm-9:45 pm (3)	5:30 am-12:00 pm (2) 12:00 pm-1:00 pm (0) 1:00 pm-5:30 pm (2) 5:30 pm—6:30 pm (1) 6:30 pm- 9:45 pm (3)
<b><u>Wednesday</u></b>	<b><u>Saturday</u></b>
5:30 am-9:30 am (2) 9:30 am-12:00 am (deep end) 12:00 pm—1:00 pm (0) 1:00 pm- 2:30 pm (deep end) 2:30 pm-5:30 pm (2) 5:30 pm-6:30 pm (1) 6:30 pm-7:30 pm (deep end ) 7:30 pm -8:30 pm (shallow end) 8:30 pm—9:45 pm (3)	7:00 am -9:00 am (2) 9:00 am—12:00 pm (deep end ) 12:00 pm-7:45 pm (3)
	<b><u>Sunday</u></b>
	12:00 pm-2:00 pm (2) 3:00 pm—7:45 pm (3)

# YAQUATICS™

We build strong kids, strong families, strong communities.

## Water Fitness Times      Swim Lesson Times

<b><u>Monday</u></b>	<b><u>Monday-Thursday</u></b>
12:00 pm-1:00 pm 2:00 pm-3:00 pm 6:30-7:30 pm 7:30 pm-8:30 pm (Deep end)	9:30 am-11:30 am
<b><u>Tuesday</u></b>	<b><u>Tuesday / Thursday</u></b>
8:30 am-9:30 am 9:30 am-10:30 am 6:00 pm-7:00 pm	5:00 pm-7:15 pm
<b><u>Wednesday</u></b>	<b><u>Wednesday</u></b>
12:00 pm-1:00 pm 2:00 pm-3:00 pm 6:30-7:30 pm 7:30 pm-8:30 pm (Deep end)	1:00 pm-1:45 pm
<b><u>Thursday</u></b>	<b><u>Thursday</u></b>
8:30 am-9:30 am 9:30 am-10:30 am 6:00 pm-7:00 pm	1:00 pm-1:45 pm
<b><u>Friday</u></b>	<b><u>Monday/Friday</u></b>
12:00 pm-1:00 pm 6:00 pm-7:00 pm	5:30 pm-6:30 pm (Stoke Mechanics)
	<b><u>Saturday</u></b>
	9:00 am-12:00 pm

## Camp Swim Times

\*Limited Lanes Available\*

**Monday/Wednesday**

1:30-2:30pm

**Tuesday/Thursday**

12:15-3:30pm

Aquatic Schedule is subject to change due to classes, swim meets, or other programs.