

# Lap Pool Schedule

January 21 - February 19, 2012



## Waldo County YMCA

★ We build strong kids, strong families, strong communities. ★

157 Lincolnville Ave, Belfast, ME 04915 ★ 207-338-4598 ★ www.waldocountnymca.org

Saturday						Sunday						Time	Monday						Tuesday						Wednesday						Thursday						Friday											
6	5	4	3	2	1	6	5	4	3	2	1	Lane #	6	5	4	3	2	1	6	5	4	3	2	1	6	5	4	3	2	1	6	5	4	3	2	1	6	5	4	3	2	1	6	5	4	3	2	1
YMCA Closed						YMCA Closed						5:00 - 5:30 AM	Pool Closed						Pool Closed						Pool Closed						Pool Closed						Pool Closed											
Pool Closed						YMCA Closed						5:30 - 6:00 AM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
LAP swimming						YMCA Closed						6:00 - 6:30 AM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
Masters 8:30-10:00						YMCA Closed						6:30 - 7:00 AM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
Adult Int/Adv						YMCA Closed						7:00 - 7:30 AM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
Level 3						YMCA Closed						7:30 - 8:00 AM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
9-9:45						YMCA Closed						8:00 - 8:30 AM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
Level 4						YMCA Closed						8:30 - 9:00 AM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
10-10:45						YMCA Closed						9:00 - 9:30 AM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
PL						YMCA Closed						9:30 - 10:00 AM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
PL						YMCA Closed						10:00 - 10:30 AM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
PL						YMCA Closed						10:30 - 11:00 AM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
PL						YMCA Closed						11:00 - 11:30 AM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
Lanes available LAP swimming						YMCA Closed						11:30 AM - Noon	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
Pool Closed						YMCA Closed						Noon 12:30 PM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
Rental 1:00 - 2:00						Lanes available for LAP swimming						12:30 - 1:00 PM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
Rental 2:00 - 3:00						Lanes available for LAP swimming						1:00 - 1:30 PM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
Rental 3:00 - 4:00						Lanes available for LAP swimming						1:30 - 2:00 PM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
Pool Closed						Lanes available for LAP swimming						2:00 - 2:30 PM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
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YMCA Closed						YMCA Closed						5:00 - 5:30 PM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
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YMCA Closed						YMCA Closed						6:30 - 7:00 PM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
YMCA Closed						YMCA Closed						7:00 - 7:30 PM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
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YMCA Closed						YMCA Closed						8:00 - 8:30 PM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
YMCA Closed						YMCA Closed						8:30 - 9:00 PM	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											
YMCA Closed						YMCA Closed						Lane #	Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming						Lanes available for LAP swimming											

**FEES: Lap & Open Swim**

Free - Annual & 3-Month Members  
 Daypass - Non-members  
 \$5/youth  
 \$10/adult  
 \$20/family maximum

LAP = lane available for lap swim -ANY AGE

	<b>LAP Swimming</b>		<b>Family Swim</b>		<b>Aqua Fitness</b>
	<b>Pool Program</b>		<b>Adult Therapy</b>		
	<b>Rental Available</b>				
	<b>Bluefish</b>				

**AGE REQUIREMENTS - Open Swim Times:**

- Children 6 and under must remain within arms reach of an adult in the Natatorium.
- Children 7 to 10 must have an adult present in the natatorium.
- Children 10 to 12 must have an adult present in the building.

**LAP LANE REQUIREMENTS:**

- Jumping or diving on initial entry only.
- Please share LAP Lanes when needed
- Maintain a continuous forward motion during LAP Swims

**Anyone under 14 is required to take a swim test and wear a green bracelet in order to swim in the deep-end.**