



PARKWOOD YMCA POOL SCHEDULE - February 25-April 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-8:55am Lap Swim (All Lanes)	5:30-8:55am Lap Swim (All Lanes)	5:30-8:55am Lap Swim (All Lanes)	5:30-8:55am Lap Swim (All Lanes)	5:30-8:55am Lap Swim (All Lanes)	7:00-9:00am Lap Swim (All Lanes)	7:00-Noon Lap Swim (All Lanes)
9:00- 10:00 am Water Aerobics (No Lanes)	9:00-10:00am Water Aerobics (1 Lap Lane)	9:00-10:00am Water Aerobics (No Lanes)	9:00-10:00am Water Aerobics (1 Lap Lane)	9:00-10:00am Water Aerobics (No Lanes)	9:00-12:00p (1 Lap Lane) (4 Lesson)	
10-10:40am Water Aerobics (No Lanes)	10:00-10:45am Arthritis Class (1 Lap Lane)	10-10:40am Water Aerobics (No Lanes)	10-10:45am Arthritis Class (1 lap Lane)	10-10:40am Water Aerobics (No Lap Lanes)		
10:45-11:30am Water Aerobics (1 Lap Lane)	10:45-1:00pm Lap Swim (All Lanes)	10:45-11:30am Water Aerobics 1 Lap Lane	10:45-1:00pm Lap Swim (All Lanes)	10:45-11:30am Water Aerobics 1 Lap Lane		
11:30-12:00pm (4 Lap Lanes)		11:30-1:00pm Lap Swim (All Lanes)		11:30-1:00pm Lap Swim (All Lanes)	12-1:00pm Lap Swim (All Lanes)	12-4:15pm (3 Lap Lanes) (2 Family)
12:00-1:00pm Lap Swim (All Lanes)		1:00-5:00pm (3 Lap Lanes) (2 Family)				4:15 -5:30pm (1 Lap Lane) (2 Family)
1:00-5:30pm (3 Lanes Lap) (2 Family)	1:00-5:00pm (3 Lap Lanes) (2 Family)	5:00-6:00pm (2 Lap Lanes) (3 Lessons)	1:00-5:30pm (3 Lap Lanes) (2 Family)	1:00-7:30pm (3 Lanes Lap) (2 Family)	1:00-6:30pm (3 Lanes Lap) (2 Family)	
5:30-6:15pm (2 Lap Lanes) (3 Lessons)	5:00-6:10pm (3 Lap Lanes) (2 Lessons)	6:00-7:00pm (2 Lap Lanes) (3 Lessons)	5:00-6:10pm (3 Lap Lanes) (2 Lessons)			
6:15-7:00pm (1 Lap Lane) (4 Lessons)	6:10- 7:55pm (1 Lap Lane) (4 Lessons)	7:00-8:00pm Aquatic Conditioning Adult Lessons	6:10-7:55pm (1 Lap Lane) (4 Lessons)			
7:45-8:30pm Water Aerobics (2 Lap Lanes)	7:55-9:00pm (3 Lap Lanes) (2 Family)	7:45-8:30pm Water Aerobics	7:55-9:00pm (3 Lap Lanes) (2 Family)			
7:00-9:00 3 Lap Lanes		8:30-9:00pm 5 Lap Lanes				

Aquatic Director
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PARKWOOD YMCA AQUATIC INFORMATION

SWIM LESSONS

Winter II February 25-April 22

LAP SWIM

We ask that all be respectful of others and share lanes as needed. Use Split Lane or Circle Swim.

YOUTH SWIMMERS

All swimmers under the age of 13 must take the YMCA swim test prior to entering the pool. The test consists of 1/2 length on their front, 1/2 on their back and ability to tread water for 30 seconds.

Ages 4 & under: Must have a parent in the water with the child.

Ages 5-8 years old: Parent must remain on the deck while child is in the pool or in the pool area.

Children unable to swim are required to wear a coast guard approved lifejacket. The Parkwood YMCA does have jackets available for use.

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