



# PARKWOOD YMCA POOL SCHEDULE - November 1-30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00-12:00pm</b> Lap Swim (All Lanes)	<b>7:00-8:45am</b> Lap Swim (All Lanes)	<b>6:00-8:45am</b> Lap Swim (All Lanes)	<b>6:00-8:45a</b> Lap Swim (All Lanes)	<b>6:00-12:00pm</b> Lap Swim (All Lanes)	<b>7:00-10:00</b> Lap Swim (All Lanes)	
	<b>9:00-10:00am</b> Water Aerobics	<b>9:00-10:00am</b> Water Aerobics	<b>9:00-10:00am</b> Water Aerobics		<b>10:00-12:00pm</b> <b>3 Lanes Lap 2 Lessons</b>	
	<b>10:10-1:00pm</b> Lap Swim	<b>10:10-12pm</b> Lap Swim (All Lanes)	<b>10:10-1:00pm</b> Lap Swim (All Lanes)		<b>12:00-2:00pm</b> 2 Lap Lanes 3 Lanes Family Swim	
						<b>7:00-11:30a</b> Lap Swim (All Lanes)
				<b>3:00-6:00pm</b>  <b>Lap Swim 3 Lanes</b>		
<b>4:00-5:30 pm</b> Lap Swim (All Lanes)		<b>4:00-7:30p</b> Lap Swim (All Lanes)		<b>4:00-6:00pm</b> 2 Lap Lanes Family Swim		
<b>5:30-7:00</b> Lap Swim 3 Lanes	<b>4:00-5:15pm</b> Lap Swim 4 Lanes		<b>4:00-5:30</b> Lap Swim (All Lanes)			
<b>2 Lane Lessons</b>	<b>4:00-5:15pm</b> <b>1 Lane Family</b>		<b>5:30-7:30pm</b> <b>Lap Swim (1 Lane)</b>			
	<b>5:15-7:45pm</b> <b>2 Lap Swim 3 Lanes Lessons</b>		<b>3 Lanes Lessons</b>			

**Regional Aquatic Director**  
**Theresa Sheridan**  
[tsheridan@lansingymca.org](mailto:tsheridan@lansingymca.org)

## **PARKWOOD YMCA AQUATIC INFORMATION**

### **SWIM LESSONS**

Swim Lessons Begin January 9th

### **LAP SWIM**

We ask that all be respectful of others and share lanes as needed. Lap Swim is available for those ages 13 and up who are continuously swimming end to end.

### **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: Must have parent in the water with the child

Ages 9-11 years old: Must have parent on the deck.

Children under 52 inches tall who are not being directly supervised by a parent will be required to wear a lifejacket.

### **Water Aerobics Tuesday, Wednesday, Thursday 9am-10:00am**

All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves make for a great total body workout in the water.

---