



## PARKWOOD YMCA POOL SCHEDULE - March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00-12:00pm</b> <b>Lap Swim</b> <b>(All Lanes)</b>	<b>7:00-8:45am</b> <b>Lap Swim</b> <b>(All Lanes)</b>	<b>6:00-8:45am</b> <b>Lap Swim</b> <b>(All Lanes)</b>	<b>6:00-8:45a</b> <b>Lap Swim</b> <b>(All Lanes)</b>	<b>6:00-12:00pm</b> <b>Lap Swim</b> <b>(All Lanes)</b>	<b>7-10am</b> <b>Lap Swim</b> <b>(All Lanes)</b>	<b>7-11:30a</b> <b>Lap Swim</b> <b>(All Lanes)</b>
	<b>9:00-10:00am</b> <b>10:00-11:00am</b> <b>Water Aerobics</b>	<b>9:00-10:00am</b> <b>Water Aerobics</b>	<b>9:00-10:00am</b> <b>10:00-11:00am</b> <b>Water Aerobics</b>		<b>10:00a-12:00</b> <b>Lap Swim</b> <b>(3 Lanes)</b> <b>2 Lanes</b> <b>Swim Lesson</b>	
	<b>11:15-1:00pm</b> <b>Lap Swim</b> <b>(All Lanes)</b>	<b>10:10-12pm</b> <b>Lap Swim</b> <b>(All Lanes)</b>	<b>11:15-1:00pm</b> <b>Lap Swim</b> <b>(All Lanes)</b>		<b>12-3:00pm</b> <b>(3 Lanes)</b> <b>2 Lanes</b> <b>Family Swim</b>	
				<b>12-2pm</b> <b>Lap Swim</b> <b>(3 Lanes)</b> <b>2 Lanes Family</b>		
<b>4:00-5:30pm</b> <b>Lap Swim</b> <b>( 5 Lanes)</b>	<b>4:00-5:30pm</b> <b>Lap Swim</b> <b>(5 Lanes)</b>	<b>4:00-5:30pm</b> <b>Lap Swim</b> <b>( 5 Lanes)</b>	<b>4:00-5:30pm</b> <b>Lap Swim</b> <b>( 5 Lanes)</b>	<b>3:00-6:00pm</b> <b>Lap Swim</b> <b>( 3 Lanes)</b>		
<b>5:30-7:00</b> <b>Lap Swim</b> <b>(3 Lanes)</b> <b>Swim Lessons</b>	<b>5:30-7:10</b> <b>Swim Lessons</b> <b>No Lap Lanes</b>	<b>5:30-7:30pm</b> <b>Lap Swim</b> <b>2 Lanes</b> <b>Swim Lessons</b>	<b>5:30-7:30pm</b> <b>Lap Swim</b> <b>2 Lanes</b> <b>Swim Lessons</b>	<b>2 Lanes</b> <b>Family Swim</b>		
	<b>7:10-8:00pm</b> <b>Lap Swim</b> <b>(3 Lanes)</b>					

**Regional Aquatic Director**  
**Theresa Sheridan**  
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**517-827-9680**

## **PARKWOOD YMCA AQUATIC INFORMATION**

**SWIM LESSONS** - Register on line at [www.lansingymca.org](http://www.lansingymca.org)

Swim Lessons Begin April 10

Registration Members Monday March 20, Non-Members Wednesday March 22

### **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 & 8 Must have a parent in the water with the child.

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

Only Coast Guard approved floatation devices are allowed.

### **Water Aerobics - Free for Members and no registration required**

9:00-9:50am Tuesday, Wednesday & Thursday

10:00-10:50am Tuesday, & Thursday

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.

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