PARKWOOD POOL SCHEDULE

Nov. 1-30

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6:00 a.m.-1:00 p.m. Lap Swim (all lanes)	6:00-8:45 a.m. Lap Swim (all lanes)	6:00-8:45 a.m. Lap Swim (all lanes)	6:00-8:45 a.m. Lap Swim (all lanes)	6:00 a.m.-1:00 p.m. Lap Swim (all lanes)		
7:00 AM						7:00-9:30 a.m. Lap Swim (all lanes)	7:00-11:45 a.m. Lap Swim (all lanes)
8:00 AM							
9:00 AM		9:00-11:00 a.m. Water Aerobics	9:00-10:00 a.m. Water Aerobics	9:00-11:00 a.m. Water Aerobics			
10:00 AM			10:00 a.m.-1:00 p.m. Lap Swin (all lanes)			9:30 a.m.-12:00 p.m. Lap Swim (2 lanes)	
11:00 AM		11:15 a.m.-1:00 p.m. Lap Swim (all lanes)		11:15 a.m.-1:00 p.m. Lap Swim (all lanes)			
12:00 PM						12:00 a.m.-3:00 p.m. Lap Swim (3 lanes) Family Swim (2 lanes)	11:45 a.m.-3:00 p.m. Family Swim (2 lanes)
1:00 PM	1:00-5:15 p.m. Lap Swim (4 lanes) Family Swim (1 lane)	1:00-5:15 p.m. Lap Swim (4 lanes) Family Swim (1 lane)	1:00-5:00 p.m. Lap Swim (4 lanes) Family Swim (1 lane)	1:00-5:15 p.m. Lap Swim (4 lanes) Family Swim (1 lane)	1:00-6:00 p.m. Lap Swim (3 lanes) Family Swim (2 lanes)		
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	5:15-7:00 p.m. Lap Swim (2 Lanes)	5:15-7:00pm Lap Swim (1 Lane)	5:00-7:00 p.m. Lap Swim (2 Lanes)	5:15-7:00 p.m. Lap Swim (1 Lanes)			
6:00 PM							
7:00 PM	7:00-8:00 p.m. Lap Swim (1 lane)	7:00-8:00 p.m. Lap Swim (3 Lanes)	7:00-8:00p.m Lap Swim (1 Lane)	7:00-8:00 p.m. Lap Swim (3 Lanes)			

PARKWOOD YMCA AQUATICS INFORMATION

Swim Lessons

Next Registration Begins Dec 14 for members and Dec 16 for Non-members

Lap Swim

We ask that all swimmers be respectful of others and share lanes as needed. Lap Swim is available for those ages 12 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 length on their back, and ability to tread water for 30 seconds.**
- **Ages 8 & under: Must have a 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 life jacket.**

Water Aerobics

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