



# Pool Programs (11/28/17-12/19/17)

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Updated: 11/28/2017

This guide is designed to help you be aware of the various programs and classes offered through Aquatics. For a full description of Pool Lane Availability please see Aquatic Directors office window for complete details. Questions/Comments please contact the Aquatics Director.

Swim Test may be given during periods of Lap Swimming. Please understand these need to be completed to allow everyone an opportunity to utilize the pools. We may ask if you can share your space for a moment of time.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00		Lakota Y Swim Practice	Lakota HS Swim Practice	Lakota Y Swim Practice	Lakota HS Swim Practice	Monroe HS Swim Practice		
6:30		5:30a-7:00a	5:15a-6:45a	5:30a-7:00a	5:15a-6:45a	6:00a-7:00a		
7:00								
7:30								
8:00								
8:30								
9:00							H2O Fitness to the Max	
9:30					SWIM LESSONS		9:00a-9:50a	
10:00		SWIM LESSONS	H2O Fitness		9:30a-11:00a		Aqua Bootcamp	
10:30		10:00a-11:30a	10:00a-10:50a				10:00a-11:00a	
11:00					H2O Fitness		SWIM LESSONS	
11:30		SilverSplash		SilverSplash	11:00a-11:50a	SilverSplash	9:00a-12:30p	
12:00		11:30a-12:20p		11:30a-12:20p		11:30a-12:20p		
12:30								
1:00			SWIM LESSONS	SWIM LESSONS				
1:30			1:00p-2:30p	1:00p-2:30p				
2:00								
2:30								
3:00		Lakota High School Swim Practice 3:00p-5:00p						
3:30		Lakota YMCA Stingrays SWIM Practice						
4:00		Monday/Wednesday 4:30p-9:00p						Lakota Y
4:30		Tuesday/Thursday/Friday 4:30p-9:00p						Swim Practice
5:00		Saturday 3:00p-6:00p						3:00p-6:30p
5:30		Private		Private				
6:00		SWIM LESSONS		SWIM LESSONS				
6:30		5:15p-8:00p		5:15p-8:00p				
7:00			H2O Fitness		Amped Up			
7:30			To The Max		H2O			
8:00			7:00p-7:50p	SWIM FIT	7:00p-7:50p			
8:30				8:00p-9:00p				
9:00								
9:30								
10:00								

Lakota Family YMCA strives to give the members the best experience possible as well as open our doors to helping the community. This time of the year is our busiest as we open our pool up to Lakota East/West High Schools and Monroe High School to support their Swim Team Programs. Lakota Y also continues to run our own programs for our members and community. During this season we have limited pool time and space. Please be aware that we are taking the best interest of everyone as we go through this season. If you



# Lap Lane and Open Pool Schedule

(11/28/17-12/19/17)

Updated: 11/5/2017

FOR YOUTH DEVELOPMENT<sup>SM</sup>  
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FOR SOCIAL RESPONSIBILITY

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00	LAP & OPEN SWIM 12:00p-5:30p	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY 7:30a-9:00a  NO LAP & NO OPEN SWIM 9:00a-12:30p  Lap Swim Open Swim 12:30p-5:00p	
6:30		6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a		
7:00		LAP & OPEN SWIM 8:00a-10:00a	LAP & OPEN SWIM 8:00a-10:00a	LAP & OPEN SWIM 8:00a-11:30a	LAP & OPEN SWIM 8:00a-9:30a	LAP & OPEN SWIM 8:00a-11:30a		
7:30		LAP SWIM ONLY 10:00a-12:30p	LAP SWIM ONLY 10:00a-11:00a	LAP SWIM ONLY 11:30p-4:30p	LAP SWIM ONLY 9:30a-12:00p	LAP SWIM ONLY 11:30a-12:30p		
8:00		LAP & OPEN SWIM 12:30p-3:00p	LAP & OPEN SWIM 11:00a-1:00p	LAP & OPEN SWIM 12:00p-3:00p	LAP & OPEN SWIM 12:00p-3:00p	LAP & OPEN SWIM 12:30p-3:00p		
8:30		LAP SWIM ONLY 3:00p-4:30p	LAP SWIM ONLY 3:00p-4:30p	LAP SWIM ONLY 3:00p-4:30p	LAP SWIM ONLY 3:00p-4:30p	LAP SWIM ONLY 3:00p-4:30p		
9:00		NO LAP SWIM 4:30p-5:00p Monday-Friday						LAP SWIM ONLY 5:00p-8:45p
9:30		NO LAP SWIM NO OPEN SWIM	LAP SWIM ONLY 5:00p-6:45p	NO LAP SWIM NO OPEN SWIM	LAP SWIM ONLY 5:00p-6:45p	LAP SWIM ONLY 5:00p-8:45p		
10:00		4:30p-8:00p	NO LAP SWIM NO OPEN SWIM 6:45p-8:00p	4:30p-8:00p	NO LAP SWIM NO OPEN SWIM 6:45p-8:00p	LAP & OPEN SWIM 8:45p-9:30p		
10:30		Lap Swim 8:00p-9:30p	Open Swim 8:00p-8:45p	Lap Swim 8:00p-9:30p	Open Swim 8:00p-8:45p	LAP & OPEN SWIM 8:45p-9:30p		
11:00		Lap & Open Swim 8:45p-9:30p	Lap & Open Swim 8:45p-9:30p	Lap & Open Swim 8:45p-9:30p	Lap & Open Swim 8:45p-9:30p	Lap & Open Swim 8:45p-9:30p		
11:30								
12:00								
12:30								
1:00								
1:30								
2:00								
2:30								
3:00								
3:30								
4:00								
4:30								
5:00								
5:30								
6:00								
6:30								
7:00								
7:30								
8:00								
8:30								
9:00								
9:30								
10:00								

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# Monday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6			
6:00a	Lap Swim	Lap Swim	Lap Swim	Lap Swim ONLY 6:00a-12:30p	Lakota Y Team 5:30a-7:00a	Lakota Y Team 5:30a-7:00a			
6:30a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a		Lap Swim ONLY 6:00a-12:30p	Lap Swim ONLY 7:00a-3:00p	Lap Swim ONLY 7:00a-3:00p		
7:00a									
7:30a									
8:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a			Lap Swim ONLY 6:00a-12:30p	Lap Swim ONLY 7:00a-3:00p		
8:30a									
9:00a									
9:30a									
10:00a	Swim Lessons 10:00a-11:30a	Swim Lessons 10:00a-11:30a	Swim Lessons 10:00a-11:30a					Lap Swim ONLY 6:00a-12:30p	Lap Swim ONLY 7:00a-3:00p
10:30a									
11:00a									
11:30a	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	Lap Swim ONLY 6:00a-12:30p	Lap Swim ONLY 7:00a-3:00p				
12:00p									
12:30p	Open Swim 12:30p-3:00p	Open Swim 12:30p-3:00p	Open Swim 12:30p-3:00p						
1:00p									
1:30p									
2:00p									
2:30p									
3:00p	Lap Swim 3:00p-4:30p	Lakota High School 3:00p-4:30p	Lakota High School 3:00p-5:00p			Lakota High School 3:00p-5:00p	Lakota High School 3:00p-5:00p		
3:30p	Lakota Y Team 4:30p-5:00p	Lakota Y Team 4:30p-5:00p	Lakota Y Team 5:00p-9:00			Lakota Y Team 5:00p-9:00	Lakota Y Team 5:00p-9:00		
4:00p									
4:30p									
5:00p	Private Swim Lessons 5:15p-8:00p	Lakota Y Team 4:30p-5:00p	Lakota Y Team 5:00p-9:00	Lakota Y Team 5:00p-9:00	Lakota Y Team 5:00p-9:00				
5:15p									
5:45p									
6:00p									
6:15p									
6:30p									
6:45p									
7:00p									
7:15p									
7:30p									
7:45p									
8:00p	Lap Swim 8:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p				
8:15p									
8:30p									
8:45p									
9:00p									
9:30p									

## Tuesday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	<b>Lap Swim Only</b> <b>6:00a-8:30a</b>	<b>Lakota High School</b> <b>5:15a-6:45a</b>	<b>Lakota High School</b> <b>5:15a-6:45a</b>	<b>Lakota High School</b> <b>5:15a-6:45a</b>	<b>Lakota High School</b> <b>5:15a-6:45a</b>	<b>Lakota High School</b> <b>5:15a-6:45a</b>
6:30a						
7:00a			<b>Lap Swim</b> <b>6:45a-8:30a</b>	<b>Lap Swim</b> <b>6:45a-8:30a</b>	<b>Lap Swim</b> <b>6:45a-10:00a</b>	<b>Lap Swim</b> <b>6:45a-2:00p</b>
7:30a						
8:00a						
8:30a	<b>Open Swim</b> <b>8:30a-10:00a</b>	<b>Open Swim</b> <b>8:30a-10:00a</b>	<b>Open Swim</b> <b>8:30a-10:00a</b>			
9:00a						
9:30a						
10:00a	<b>H2O Fitness</b> <b>10:00a-10:50a</b>	<b>H2O Fitness</b> <b>10:00a-10:50a</b>	<b>H2O Fitness</b> <b>10:00a-10:50a</b>	<b>H2O Fitness</b> <b>10:00a-10:50a</b>		
10:30a						
11:00a	<b>Open Swim</b> <b>11:00a-1:00p</b>	<b>Open Swim</b> <b>11:00a-1:00p</b>	<b>Open Swim</b> <b>11:00a-1:00p</b>	<b>Lap Swim</b> <b>11:00a-3:00p</b>		
11:30a						
12:00p						
12:30p						
1:00p	<b>Swim Lessons</b> <b>1:00p-2:30p</b>	<b>Swim Lessons</b> <b>1:00p-2:30p</b>	<b>Swim Lessons</b> <b>1:00p-2:30p</b>			
1:30p						
2:00p						
2:30p	<b>LAP SWIM</b> <b>2:30p-4:30p</b>	<b>Open Swim</b>	<b>Open Swim</b>			
3:00p		<b>Lakota High School</b> <b>3:00p-4:30p</b>	<b>Lakota High School</b> <b>3:00p-5:00p</b>	<b>Lakota High School</b> <b>3:00p-5:00p</b>	<b>Lakota High School</b> <b>3:00p-5:00p</b>	<b>Lakota High School</b> <b>3:00p-5:00p</b>
3:30p						
4:00p						
4:30p	<b>Lakota Y TEAM</b>					
5:00p	<b>Lap Swim</b> <b>5:00p-7:00p</b>	<b>Lakota Y Team</b> <b>4:30p-7:00p</b>	<b>Lakota Y Team</b> <b>5:00p-9:00</b>	<b>Lakota Y Team</b> <b>5:00p-9:00</b>	<b>Lakota Y Team</b> <b>5:00p-9:00</b>	<b>Lakota Y Team</b> <b>5:00p-9:00</b>
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	<b>H2O Fitness to the</b> <b>MAX</b> <b>7:00p-7:50p</b>	<b>H2O Fitness to the</b> <b>MAX</b> <b>7:00p-7:50p</b>				
7:15p						
7:30p						
7:45p						
8:00p	<b>OPEN SWIM</b> <b>8:00p-9:30p</b>	<b>OPEN SWIM</b> <b>8:00p-9:30p</b>				
8:15p						
8:30p						
8:45p			<b>Lap Swim</b> <b>9:00p-9:30p</b>	<b>Lap Swim</b> <b>9:00p-9:30p</b>	<b>Lap Swim</b> <b>9:00p-9:30p</b>	<b>Lap Swim</b> <b>9:00p-9:30p</b>
9:00p						
9:30p						

## Wednesday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lakota Y Team	Lakota Y Team
6:30a					5:30a-7:00a	5:30a-7:00a
7:00a					Lap Swim ONLY	Lap Swim ONLY
7:30a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-11:30a	7:00a-11:30a	7:00a-3:00p
8:00a						
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a	SilverSplash	SilverSplash	SilverSplash	SilverSplash	SilverSplash	SilverSplash
11:30a						
12:00p	11:30a-12:20p	11:30a-12:20p	11:30a-12:20p	11:30a-12:20p	*IF 25	
12:30p	OPEN SWIM	OPEN SWIM	OPEN SWIM	Lap Swim	Lap Swim	Lap Swim
1:00p	Swim Lessons	Swim Lessons	Swim Lessons			
1:30p	1:00p-2:30p	1:00p-2:30p	1:00p-2:30p			
2:00p						
2:30p	OPEN SWIM	OPEN SWIM	OPEN SWIM			
3:00p	Lap Swim	Lakota High School	Lakota High School	Lakota High School	Lakota High School	Lakota High School
3:30p	3:00p-4:30p					
4:00p		3:00p-4:30p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p
4:30p	Lakota Y Team	Lakota Y Team	Lakota Y Team	Lakota Y Team	Lakota Y Team	Lakota Y Team
5:00p	4:30p-5:00p					
5:30p	Private					
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						

## Thursday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
6:00a	<b>Lap Swim ONLY</b> 6:00a-8:30a	<b>Lakota High School</b> 5:15a-6:45a	<b>Lakota High School</b> 5:15a-6:45a	<b>Lakota High School</b> 5:15a-6:45a	<b>Lakota High School</b> 5:15a-6:45a	<b>Lakota High School</b> 5:15a-6:45a	
6:30a		Lap Swim 6:30a-8:30a	Lap Swim 6:45a-8:30a	LAP SWIM 6:45a-11:00a	LAP SWIM 6:45a-3:00p	LAP SWIM 6:45a-3:00p	
7:00a							
7:30a		Open Swim 8:30a-9:30a	Open Swim 8:30a-9:30a				Open Swim 8:30a-9:30a
8:00a							
8:30a							
9:00a	Swim Lessons 9:30a-11:00a	Swim Lessons 9:30a-11:00a	Swim Lessons 9:30a-11:00a				
9:30a							
10:00a							
10:30a	H2O Fitness 11:00a-11:50a	H2O Fitness 11:00a-11:50a	H2O Fitness 11:00a-11:50a	H2O Fitness 11:00a-11:50a			
11:00a							
11:30a	Open Swim 12:00p-3:00p	Open Swim 12:00p-3:00p	Open Swim 12:00p-3:00p	Lap Swim 12:00p-3:00p			
12:00p							
12:30p							
1:00p							
1:30p							
2:00p							
2:30p	LAP SWIM 3:00p-4:30p	Lakota High School 3:00p-4:30p	Lakota High School 3:00p-5:00p	Lakota High School 3:00p-5:00p	Lakota High School 3:00p-5:00p	Lakota High School 3:00p-5:00p	
3:00p							
3:30p	Lakota Y TEAM Lap Swim 5:00p-7:00p	Lakota Y Team 4:30p-7:00p	Lakota Y Team 5:00p-9:00	Lakota Y Team 5:00p-9:00	Lakota Y Team 5:00p-9:00	Lakota Y Team 5:00p-9:00	
4:00p							
4:30p							
5:00p							
5:30p							
5:45p							
6:00p							
6:15p							
6:30p	H2O Fitness to the MAX 7:00p-7:50p	H2O Fitness to the MAX 7:00p-7:50p					
6:45p							
7:00p	OPEN SWIM 8:00p-9:30p	OPEN SWIM 8:00p-9:30p					
7:15p							
7:30p							
7:45p							
8:00p	Lap Swim 8:45p-9:30p	Lap Swim 8:45p-9:30p	Lap Swim 8:45p-9:30p	Lap Swim 8:45p-9:30p			
8:15p							
8:30p							
8:45p							
9:00p							
9:30p							

## Friday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	<b>Lap Swim 6:00a-8:00a</b>	<b>Lap Swim 6:00a-8:00a</b>	<b>Lap Swim 6:00a-8:00a</b>	<b>Monroe Hornets 6:00a-7:00a Start 11/10/17</b>	<b>Monroe Hornets 6:00a-7:00a Start 11/10/17</b>	<b>Monroe Hornets 6:00a-7:00a Start 11/10/17</b>
6:30a						
7:00a						
7:30a	<b>OPEN SWIM 8:00a-11:30a</b>	<b>OPEN SWIM 8:00a-11:30a</b>	<b>OPEN SWIM 8:00a-11:30a</b>	<b>Lap Swim 6:00a-11:30a</b>	<b>Lap Swim 6:00a-3:00p</b>	<b>Lap Swim 6:00a-3:00p</b>
8:00a						
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a	<b>SilverSplash 11:30a-12:20p</b>	<b>SilverSplash 11:30a-12:20p</b>	<b>SilverSplash 11:30a-12:20p</b>	<b>SilverSplash 11:30a-12:20p</b>	<b>SilverSplash *IF 25 Participants or more*</b>	
11:30a						
12:00p	<b>OPEN SWIM 12:30p-3:00p</b>	<b>OPEN SWIM 12:30p-3:00p</b>	<b>OPEN SWIM 12:30p-3:00p</b>	<b>Lap Swim 12:30p-3:00p</b>	<b>Lap Swim 12:30p-3:00p</b>	
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p	<b>LAP SWIM 3:00p-4:30p</b>	<b>Lakota High School 3:00p-4:30p</b>	<b>Lakota High School 3:00p-5:00p</b>	<b>Lakota High School 3:00p-5:00p</b>	<b>Lakota High School 3:00p-5:00p</b>	<b>Lakota High School 3:00p-5:00p</b>
3:30p						
4:00p	<b>Lap Swim 5:00p-8:45p</b>	<b>Lakota Y Team 5:00p-9:00</b>	<b>Lakota Y Team 5:00p-9:00</b>	<b>Lakota Y Team 5:00p-9:00</b>	<b>Lakota Y Team 5:00p-9:00</b>	<b>Lakota Y Team 5:00p-9:00</b>
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p						
8:15p						
8:30p	<b>OPEN SWIM 8:45p-9:30p</b>	<b>OPEN SWIM 8:45p-9:30p</b>	<b>OPEN SWIM 8:45p-9:30p</b>	<b>Lap Swim 9:00p-9:30p</b>	<b>Lap Swim 9:00p-9:30p</b>	<b>Lap Swim 9:00p-9:30p</b>
8:45p						
9:00p						
9:30p						

## Saturday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
7:30a	<b>LAP SWIM</b>	<b>LAP SWIM</b>	<b>LAP SWIM</b>	<b>LAP SWIM</b>	<b>LAP SWIM</b>	<b>LAP SWIM</b>	
8:00a	<b>8:00a-9:00a</b>	<b>8:00a-9:00a</b>	<b>8:00a-9:00a</b>	<b>8:00a-9:00a</b>	<b>8:00a-9:00a</b>	<b>8:00a-9:00a</b>	
8:30a							
9:00a	<b>H2O Fitness to the Max</b> <b>9:00a-10:00a</b>	<b>H2O Fitness to the Max</b> <b>9:00a-10:00a</b>	<b>H2O Fitness to the Max</b> <b>9:00a-10:00a</b>	<b>SWIM LESSONS</b> <b>9:00a-10:30a</b>	<b>SWIM LESSONS</b> <b>9:00a-10:30a</b>	<b>SWIM LESSONS</b> <b>9:00a-10:30a</b>	
9:30a							
10:00a	<b>SWIM LESSONS</b> <b>10:00-12:30</b>	<b>SWIM LESSONS</b> <b>10:00-12:30</b>	<b>Aqua Boot Camp</b>				
10:30a			<b>10:00a-11:00a</b>	<b>Aqua Boot Camp</b>	<b>Aqua Boot Camp</b>	<b>Aqua Boot Camp</b>	
11:00a							
11:30a							
12:00p					<b>SWIM LESSONS</b> <b>11:00a-12:30p</b>	<b>SWIM LESSONS</b> <b>11:00a-12:30p</b>	<b>SWIM LESSONS</b> <b>11:00a-12:30p</b>
12:30p							
1:00p			<b>OPEN SWIM</b> <b>12:30p-8:30p</b>	<b>OPEN SWIM</b> <b>12:30p-8:30p</b>	<b>OPEN SWIM</b>	<b>Lap Swim</b>	<b>Lap Swim</b>
1:30p							
2:00p	<b>12:30p-3:00p</b>	<b>12:30p-3:00p</b>			<b>12:30p-3:00p</b>	<b>12:30p-3:00p</b>	
2:30p							
3:00p							
3:30p							
4:00p					<b>Lakota Y Team</b> <b>3:00p-6:30p</b>	<b>Lakota Y Team</b> <b>3:00p-6:30p</b>	<b>Lakota Y Team</b> <b>3:00p-6:30p</b>
4:30p							
5:00p							
5:30p							
6:00p							
6:30p			<b>Open Swim</b> <b>6:00p-7:30p</b>	<b>Lap Swim</b> <b>6:00p-7:30p</b>	<b>Lap Swim</b> <b>6:00p-7:30p</b>		
7:00p							
7:30p							

## Sunday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00p	<b>Open Swim</b> <b>12:00p-5:30p</b>	<b>Open Swim</b> <b>12:00p-5:30p</b>	<b>Open Swim</b> <b>12:00p-5:30p</b>	<b>Lap Swim</b> <b>12:00p-5:30p</b>	<b>Lap Swim</b> <b>12:00p-5:30p</b>	<b>Lap Swim</b> <b>12:00p-5:30p</b>
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						