



Pool Programs
 (9/11/17-11/2/17)
 Updated: 9/8/2017

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

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 see the Front Desk or 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 Fit	Lakota Y	Swim Fit			
6:30		Stingrays Practice	6:00a-7:30a	Stingrays Practice	6:00a-7:30a			
7:00		5:30a - 7:00 a		5:30a - 7:00 a				
7:30								
8:00								SWIM Fit
8:30								7:30aa-9:00a
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								
3:30	Lakota YMCA Stingrays SWIM Practice						Lakota Stingrays Swim Practice 3:00p-6:30p	
4:00	MONDAY - FRIDAY							
4:30	3:30P-8:30P							
5:00								
5:30								
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		7:00p-7:50p			
8:30								
9:00								
9:30								
10:00								

**Schedule is subject to change

For additional information on programs and practice times



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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		
6:30		6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a		
7:00								
7:30								
8:00		LAP/OPEN SWIM	LAP/OPEN SWIM	LAP/OPEN SWIM	LAP/OPEN SWIM	LAP/OPEN SWIM		LAP SWIM ONLY
		8:00a-10:00a	8:00a-10:00a	8:00a-11:30a	8:00a-9:30a	8:00a-11:30a		8:00a-9:00a
8:30								NO LAP / NO OPEN SWIM 9:00a TO 12:30p
9:00								
9:30								
10:00		LAP SWIM ONLY	LAP SWIM ONLY		LAP SWIM ONLY			
10:30	10:00a-12:30p	10:00a-11:00a		9:30a-12:00p				
11:00					LAP SWIM ONLY	LAP/OPEN SWIM 12:30p-7:30p		
11:30		LAP/OPEN SWIM			11:30a-12:30p			
12:00		11:00a-1:00p						
12:30	LAP/OPEN SWIM		LAP SWIM ONLY	LAP/OPEN SWIM	LAP/OPEN SWIM			
1:00	12:30p-3:30p		11:30p-5:00p	12:00p-3:30p	12:30p-3:30p			
1:30								
2:00								
2:30		LAP SWIM ONLY						
3:00		1:00p-6:45p		LAP SWIM ONLY	LAP SWIM ONLY			
3:30	LAP SWIM ONLY	3:30p-5:00p		3:30p-6:45p	3:30p-8:30p			
4:00								
4:30								
5:00		NO LAP NO OPEN SWIM		NO LAP NO OPEN SWIM				
5:30		5:00p-8:00p		5:00p-8:00p				
6:00			NO LAP NO OPEN SWIM		NO LAP / NO OPEN SWIM			
6:30			6:45p-8:00p	LAP SWIM ONLY	6:45p-8:00p			
7:00			LAP/OPEN SWIM	8:00P-8:30P	LAP/OPEN SWIM			
7:30			8:30p-9:30p	LAP/OPEN SWIM	8:30p-9:30p			
8:00	LAP SWIM ONLY							
8:30	8:00P-8:30P							
9:00	LAP/OPEN SWIM							
9:30	8:30p-9:30p							
10:00								

**Schedule is subject to change

For additional information on programs and practice times

MONDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	LAP SWIM 6:00a-8:00a	LAP SWIM 6:00a-8:00a	LAP SWIM 6:00a-8:00a	LAP SWIM 6:00a-11:30a	Lakota Y Stingrays Swim Practice 5:30a =7:00a	Lakota Y Stingrays Swim Practice 5:30a =7:00a
6:30a						
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 7:00a-11:30a	LAP SWIM 7:00a-11:30a	LAP SWIM 7:00a-3:30p
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 7:00a-11:30a	LAP SWIM 7:00a-11:30a	LAP SWIM 7:00a-3:30p
10:30a						
11:00a						
11:30a						
11:30a	SilverSplash 11:30a-12:30p	SilverSplash 11:30a-12:30p	SilverSplash 11:30a-12:30p	SilverSplash 11:30a-12:30p	**If Silver Splash goes over 25 participants. this lane will be used for Silver Splash	LAP SWIM 7:00a-3:30p
12:00p						
12:30p	OPEN SWIM 12:30p-3:30p	OPEN SWIM 12:30p-3:30p	OPEN SWIM 12:30p-3:30p	LAP SWIM 12:30p-3:30p	LAP SWIM 12:30p-3:30p	LAP SWIM 7:00a-3:30p
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p	LAP SWIM ONLY 3:30p-5:00p	Lakota Y Stingrays Swim Practice 3:30p-5:15p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p
4:00p						
4:30p	SWIM LESSONS 5:15p-8:00p	SWIM LESSONS 5:15p-8:00p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p	LAP SWIM 8:00p-8:30p	LAP SWIM 8:00p-8:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p
8:00p						
8:15p	Open Swim 8:30p-9:30p	Open Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p
8:30p						
8:45p	Open Swim 8:30p-9:30p	Open Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p
8:50p						
9:00p	Open Swim 8:30p-9:30p	Open Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p
9:05p						
9:30p						

Denotes Member OPEN or LAP SWIM

TUESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM	LAP SWIM	LAP SWIM
6:30a						
7:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-10:00a	6:00a-3:30p	6:00a-3:30p
7:30a						
8:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM			
8:30a						
9:00a	8:00a-10:00a	8:00a-10:00a	8:00a-10:00a			
9:30a						
10:00a	H2O Fitness	H2O Fitness	H2O Fitness	H2O Fitness		
10:30a	10:00a-10:50a	10:00a-10:50a	10:00a-10:50a	10:00a-10:50a		
11:00a						
11:30a	OPEN SWIM 11:00a-1:00p	OPEN SWIM 11:00a-1:00p	OPEN SWIM 11:00a-1:00p	LAP SWIM 11:00a-3:30p		
12:00p						
12:30p						
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	2:30p-3:30p	2:30p-3:30p	2:30p-3:30p			
3:30p	LAP SWIM ONLY 3:30p-6:45p	Lakota Y Stingrays Swim Practice 3:30p-6:45p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p
4:00p						
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	H2O Fitness to the MAX	H2O Fitness to the MAX				
7:15p						
7:30p						
7:45p	7:00p-8:00p	7:00p-8:00p				
8:00p						
8:15p						
8:30p	OPEN SWIM	OPEN SWIM	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY
8:45p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p
9:00p						
9:30p						

Denotes Member OPEN or LAP SWIM

WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	LAP SWIM ONLY 6:00a-8:00a	LAP SWIM ONLY 6:00a-8:00a	LAP SWIM ONLY 6:00a-8:00a	LAP SWIM 6:00a-11:30a	Lakota Y Stingrays Swim Practice 5:30a =7:00a	Lakota Y Stingrays Swim Practice 5:30a =7:00a
6:30a						
7:00a						
7:30a						
8:00a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	LAP SWIM 6:00a-11:30a	LAP SWIM 6:00a-11:30a	LAP SWIM 6:00a-3:30p
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a	SilverSplash 11:30a-12:30p	SilverSplash 11:30a-12:30p	SilverSplash 11:30a-12:30p	SilverSplash 11:30a-12:30p	**If Silver Splash goes over 25 participants, this lane will be used for Silver Splash	
12:00p						
12:30p	OPEN SWIM 12:30P-1:00P	OPEN SWIM 12:30P-1:00P	OPEN SWIM 12:30P-1:00P	LAP SWIM 12:30p-3:30p	LAP SWIM 12:30p-3:30p	
1:00p	SWIM LESSONS 1:00p-2:30p	SWIM LESSONS 1:00p-2:30p	SWIM LESSONS 1:00p-2:30p			
1:30p						
2:00p	OPEN SWIM 2:30p-3:30p	OPEN SWIM 2:30p-3:30p	OPEN SWIM 2:30p-3:30p			
2:30p						
3:00p						
3:30p	LAP SWIM ONLY 3:30p-5:00p	Lakota Y Stingrays Swim Practice 3:30p-5:15p				
4:00p						
4:30p	SWIM LESSONS 5:15p-8:00p	SWIM LESSONS 5:15p-8:00p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p
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	LAP SWIM 8:00p-8:30p	LAP SWIM 8:00p-8:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p
8:30p						
8:45p	Open Swim 8:30p-9:30p	Open Swim 8:30p-9:30p				
9:00p						
9:30p						

Denotes Member OPEN or LAP SWIM

THURSDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY
6:30a						
7:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-11:00a	6:00a-3:30p	6:00a-3:30p
7:30a						
8:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM			
8:30a						
9:00a	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a			
9:30a	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS			
10:00a	9:30a-11:00a	9:30a-11:00a	9:30a-11:00a			
10:30a						
11:00a	H2O Fitness	H2O Fitness	H2O Fitness	H2O Fitness		
11:30a	11:00a-11:50a	11:00a-11:50a	11:00a-11:50a	11:00a-11:50a		
12:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM	LAP SWIM		
12:30p	12:00p-3:30p	12:00p-3:30p	12:00p-3:30p	12:00p-3:30p		
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p	LAP SWIM ONLY 3:30p-6:45p	Lakota Y Stingrays Swim Practice 3:30p-6:45p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p
4:00p						
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	H2O Fitness to the MAX	H2O Fitness to the MAX				
7:15p						
7:30p						
7:45p	7:00p-8:00p	7:00p-8:00p				
8:00p						
8:15p						
8:30p	OPEN SWIM 8:30p-9:30p	OPEN SWIM 8:30p-9:30p	LAP SWIM ONLY 8:30p-9:30p	LAP SWIM ONLY 8:30p-9:30p	LAP SWIM ONLY 8:30p-9:30p	LAP SWIM ONLY 8:30p-9:30p
8:45p						
9:00p						
9:30p						

Denotes Member OPEN or LAP SWIM

FRIDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	LAP SWIM ONLY 6:00a-8:00a	LAP SWIM ONLY 6:00a-8:00a	LAP SWIM ONLY 6:00a-8:00a	LAP SWIM 6:00a-11:30a	LAP SWIM 6:00a-11:30a	LAP SWIM 6:00a-3:30p
6:30a						
7:00a						
7:30a						
8:00a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	LAP SWIM 6:00a-11:30a	LAP SWIM 6:00a-11:30a	LAP SWIM 6:00a-3:30p
8:30a						
9:00a						
9:30a						
10:00a						
10:30a	SilverSplash 11:30a-12:30p	SilverSplash 11:30a-12:30p	SilverSplash 11:30a-12:30p	SilverSplash 11:30a-12:30p	**If Silver Splash goes over 25 participants, this lane will be used for Silver Splash	
11:30a						
12:00p	OPEN SWIM 12:30p-3:30p	OPEN SWIM 12:30p-3:30p	OPEN SWIM 12:30p-3:30p	LAP SWIM 12:30p-3:30p	LAP SWIM 12:30p-3:30p	
12:30p						
1:00p						
1:30p						
2:00p						
2:30p	LAP SWIM ONLY 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p	Lakota Y Stingrays Swim Practice 3:30p-8:30p
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p	OPEN SWIM 8:30p-9:30p	OPEN SWIM 8:30p-9:30p	OPEN SWIM 8:30p-9:30p	LAP SWIM 8:30p-9:30p	LAP SWIM 8:30p-9:30p	LAP SWIM 8:30p-9:30p
7:00p						
7:30p						
7:45p						
8:00p						
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						

Denotes Member OPEN or LAP SWIM

SATURDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6			
7:30a	LAP SWIM 7:30a-9:00a	LAP SWIM 7:30a-9:00a	LAP SWIM 7:30a-9:00a	LAP SWIM 7:30a-10:00a	LAP SWIM 7:30a-9:00a	LAP SWIM 7:30a-9:00a			
8:00a									
8:30a									
9:00a	H2O Fitness tothe Max 9:00a-10:00a	H2O Fitness tothe Max 9:00a-10:00a	H2O Fitness tothe Max 9:00a-10:00a	Aqua Boot Camp 10:00a-11:00a	SWIM LESSONS 9:00a-10:30a	SWIM LESSONS 9:00a-10:30a			
9:30a									
10:00a	SWIM LESSONS 10:00-12:30	SWIM LESSONS 10:00-12:30	SWIM LESSONS 10:00-12:30	Aqua Boot Camp 10:00a-11:00a	Aqua Boot Camp	Aqua Boot Camp			
10:30a									
11:00a				SWIM LESSONS 11:30a-12:30p	SWIM LESSONS 11:30a-12:30p	SWIM LESSONS 11:30a-12:30p	SWIM LESSONS 11:30a-12:30p	SWIM LESSONS 11:30a-12:30p	
11:30a									
12:00p									
12:30p	OPEN SWIM 12:30p-7:30p	OPEN SWIM 12:30p-7:30p	OPEN SWIM 12:30p-3:00p						
1:00p									
1:30p									
2:00p									
2:30p									
3:00p			Lakota Y Stingrays Swim Practice 3:00p-6:30p ***NOT ON OCT 21 3p-5p on 10/7				Lakota Y Stingrays Swim Practice 3:00p-6:30p ***NOT ON OCT 21	Lakota Y Stingrays Swim Practice 3:00p-6:30p ***NOT ON OCT 21	Lakota Y Stingrays Swim Practice 3:00p-6:30p ***NOT ON OCT 21
3:30p									
4:00p									
4:30p									
5:00p			OPEN SWIM 6:30p-7:30p				OPEN SWIM 6:30p-7:30p	LAP SWIM 6:30p-7:30p	LAP SWIM 6:30p-7:30p
5:30p									
6:00p									
6:30p	LAP SWIM 6:30p-7:30p	LAP SWIM 6:30p-7:30p	LAP SWIM 6:30p-7:30p	LAP SWIM 6:30p-7:30p	LAP SWIM 6:30p-7:30p				
7:00p									
7:30p									

 Denotes Member OPEN or LAP SWIM

SUNDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00p	OPEN SWIM 12:00p-5:30p	OPEN SWIM 12:00p-5:30p	OPEN SWIM 12:30p-5:30p	LAP SWIM 12:30p-5:30p	LAP SWIM 12:30p-5:30p	LAP SWIM 12:30p-5:30p
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						