



Pool Programs

(2/5/2018-2/28/2018)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 2/5/2018

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.

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

(11/6/17-11/22/17)

Updated: 11/5/2017

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
Indoor Hours	12:00p-5:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	7:30a-7:30p			
Bubble Hours	12:00p-5:30p	4p-8p	4p-8p	4p-8p	4p-8p	4p-8p	1p-7:30p			
6:00	LAP & OPEN SWIM 12:00p-5:30p	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	NO LAP & NO OPEN SWIM 9:00a-12:30p			
6:30		LAP & OPEN SWIM 12:00p-5:30p	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 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	LAP SWIM ONLY 7:30a-9:00a	
8:30			LAP & OPEN SWIM 12:00p-5:30p	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	
9:00										
9:30										
10:00				LAP & OPEN SWIM 12:30p-3:00p	LAP SWIM ONLY 1:00p-2:00p	LAP & OPEN SWIM 2:00p-3:00p		LAP & OPEN SWIM 12:00p-3:00p	LAP / OPEN SWIM 12:30p-3:00p	Lap Swim Open Swim 12:30p-5:00p
10:30										
11:00				LAP & OPEN SWIM 12:00p-5:30p	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	LAP SWIM ONLY 3:00p-4:30p
11:30										
12:00					NO LAP SWIM 4:30p-5:00p Monday-Friday					LAP SWIM ONLY 5:00p-8:45p
12:30	NO LAP SWIM NO OPEN SWIM 4:30p-8:00p				LAP SWIM ONLY 5:00p-6:45p	NO LAP SWIM NO OPEN SWIM 4:30p-8:00p	LAP SWIM ONLY 5:00p-6:45p	LAP SWIM ONLY 5:00p-8:45p	Open Swim Only 5:00p-6:30p	
1:00		LAP & OPEN SWIM 12:00p-5:30p			NO LAP SWIM NO OPEN SWIM 6:45p-8:00p	NO LAP SWIM NO OPEN SWIM 6:45p-8:00p	NO LAP SWIM NO OPEN SWIM 6:45p-8:00p		LAP & OPEN SWIM 8:45p-9:30p	Lap Swim Open Swim 6:30p-7:30p
1:30										
2:00	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		
2:30										
3:00	LAP & OPEN SWIM 12:00p-5:30p		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			
3:30										
4:00			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			
4:30										
5:00			LAP & OPEN SWIM 12:00p-5:30p		NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	LAP SWIM ONLY 5:00p-8:45p	Lap Swim Open Swim 6:30p-7:30p	
5:30										
6:00				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		
6:30										
7:00				LAP & OPEN SWIM 12:00p-5:30p	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		
7:30										
8:00		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		
8:30										
9:00		LAP & OPEN SWIM 12:00p-5:30p			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		
9:30										
9:30	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			
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	Lap Swim	Lap Swim			
6:30a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-11:30a	6:00a-11:30a	6:00a-3:00p			
7:00a									
7:30a									
8:00a									
8:00a	Open Swim	Open Swim	Open Swim	6:00a-11:30a	6:00a-11:30a	6:00a-3:00p			
8:30a	8:00a-10:00a	8:00a-10:00a	8:00a-10:00a						
9:00a	Swim Lessons	Swim Lessons	Swim Lessons						
9:30a									
10:00a	10:00a-11:30a	10:00a-11:30a	10:00a-11:30a	SilverSplash	SilverSplash *IF 25 Participants or more*	6:00a-3:00p			
10:30a									
11:00a									
11:30a									
11:30a	11:30a-12:20p	11:30a-12:20p	11:30a-12:20p	11:30a-12:20p	Lap Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p			
12:00p									
12:30p									
1:00p									
1:00p	Open Swim	Open Swim	Open Swim	Lap Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p			
1:30p	12:30p-3:00p	12:30p-3:00p	12:30p-3:00p						
2:00p	Lap Swim	Lakota High School	Lakota High School				Lakota High School	Lakota High School	Lakota High School
2:30p									
3:00p	3:00p-4:30p	3:00p-4:30p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p			
3:30p	Lakota Y Team	Lakota Y Team	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									
5:00p	4:30p-5:00p	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	Lakota Y Team 5:00p-9:00			
5:15p	Swim Lessons	Swim Lessons							
5:45p									
6:00p									
6:15p									
6:30p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
6:45p									
7:00p									
7:15p									
7:30p	8:00p-9:30p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
7:45p									
8:00p									
8:15p									
8:30p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
8:45p									
9:00p									
9:30p									

Tuesday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6					
6:00a	Lap Swim Only 6:00a-8:30a	Lap Swim Only 6:00a-8:30a	Lap Swim Only 6:00a-8:30a	Lap Swim 6:45a-10:00a	Lap Swim 6:45a-3:00p	Lap Swim 6:45a-3:00p					
6:30a											
7:00a											
7:30a											
8:00a	Open Swim 8:30a-10:00a	Open Swim 8:30a-10:00a	Open Swim 8:30a-10:00a								
8:30a											
9:00a											
9:30a											
10:00a	Rock the Waves 10:00a-10:50a	Rock the Waves 10:00a-10:50a	Rock the Waves 10:00a-10:50a	Rock the Waves 10:00a-10:50a							
10:30a											
11:00a	Open Swim 11:00a-1:00p	Open Swim 11:00a-1:00p	Open Swim 11:00a-1:00p	Lap Swim 11:00a-3:00p							
11:30a											
12:00p											
12:30p											
1:00p	Swim Lessons 1:00p-2:30p	Swim Lessons 1:00p-2:30p	Swim Lessons 1:00p-2:30p								
1:30p											
2:00p											
2:30p	LAP SWIM 2:30p-4:30p	Open Swim	Open Swim								
3:00p		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		
3:30p											
4:00p											
4:30p	Lakota Y TEAM										
5:00p	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
5:30p											
5:45p											
6:00p											
6:15p											
6:30p											
6:45p											
7:00p	H2O Fitness to the MAX 7:00p-7:50p	H2O Fitness to the MAX 7:00p-7:50p									
7:15p											
7:30p											
7:45p	OPEN SWIM 8:00p-9:30p	OPEN SWIM 8:00p-9:30p									
8:00p											
8:15p											
8:30p											
8:45p			Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p					
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	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a					
8:30a								
9:00a								
9:30a								
10:00a								
10:30a								
11:00a	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p				SilverSplash 11:30a-12:20p	SilverSplash *IF 25 Participants or more*
11:30a								
12:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM				Lap Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p
12:30p	Swim Lessons 1:00p-2:30p	Swim Lessons 1:00p-2:30p	Swim Lessons 1:00p-2:30p					
1:00p								
1:30p								
2:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM					
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								
4:00p	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	Lakota Y Team 5:00p-9:00		
4:30p								
5:00p	Swim Lessons 5:15p-8:00p	Swim Lessons 5:15p-8:00p						
5:30p								
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	Lap Swim 9:00p-9:30p		
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	Lap Swim ONLY 6:00a-8:30a	Lap Swim ONLY 6:00a-8:30a	Lap Swim ONLY 6:00a-8:30a	Lap Swim ONLY 6:00a-11:00a	Lap Swim ONLY 6:00a-3:00p	Lap Swim ONLY 6:00a-3:00p
6:30a						
7:00a						
7:30a						
8:00a						
8:30a						
9:00a						
9:30a	Swim Lessons 9:30a-11:00a	Swim Lessons 9:30a-11:00a	Swim Lessons 9:30a-11:00a			
10:00a						
10:30a						
11:00a	Rock the Waves 11:00a-11:50a	Rock the Waves 11:00a-11:50a	Rock the Waves 11:00a-11:50a	Rock the Waves 11:00a-11:50a		
11:30a						
12:00p	Open Swim 12:00p-3:00p	Open Swim 12:00p-3:00p	Open Swim 12:00p-3:00p	Lap Swim 12:00p-3:00p		
12:30p						
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	Lakota High School 3:00p-5:00p
3:30p						
4:00p	Lakota Y TEAM					
4:30p						
5:00p	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
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	H2O Fitness to the MAX 7:00p-7:50p	H2O Fitness to the MAX 7:00p-7:50p				
7:15p						
7:30p						
7:45p	OPEN SWIM 8:00p-9:30p	OPEN SWIM 8:00p-9:30p				
8:00p						
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	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-11:30a	Lap Swim 6:00a-11:30a	Lap Swim 6:00a-11:30a
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			
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash *IF 25 Participants or more*	
11:30a						
12:00p	OPEN SWIM 12:30p-3:00p	OPEN SWIM 12:30p-3:00p	OPEN SWIM 12:30p-3:00p	Lap Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p	
12:30p						
1:00p						
1:30p						
2:00p	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	Lakota High School 3:00p-5:00p
3:00p						
3:30p	Lakota Y Team					
4:00p						
4:30p	Lap Swim 5:00p-8:45p	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	Lakota Y Team 5:00p-9:00
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p	OPEN SWIM 8:45p-9:30p	OPEN SWIM 8:45p-9:30p	OPEN SWIM 8:45p-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						

Saturday's

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

Sunday's

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 12:00p-5:30p	Lap Swim 12:00p-5:30p	Lap Swim 12:00p-5:30p	Lap Swim 12:00p-5:30p
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						