



Pool Programs

5/14/2018 - 5/21/2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 5/14/2018

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 5/20	MONDAY 5/14 & 5/21	TUESDAY 5/15	WEDNESDAY 5/16	THURSDAY 5/17	FRIDAY 5/18	SATURDAY 5/19			
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	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED			
6:00						SPECIAL EVENT CARDBOARD CANOE REGATTA 7:00AM - 3:00PM				
6:30										
7:00										
7:30										
8:00										
8:30										
9:00										
9:30										
10:00										
10:30										
11:00										
11:30										
12:00							LAP & OPEN SWIM 12:00p-5:30p	SWIM LESSONS 10:00a-11:30a	Rock the Waves 10:00a-10:50a	
12:30	SilverSplash 11:30a-12:20p		SilverSplash 11:30a-12:20p	Rock the Waves 11:00a-11:50a	Aqua Bootcamp 10:00a-11:00a					
1:00			SWIM LESSONS 1:00p-2:30p	SWIM LESSONS 1:00p-2:30p	SWIM LESSONS 9:00a-12:30p					
1:30		Special Event 2:00-2:45p								
2:00										
2:30										
3:00										
3:30	Lakota Stingrays Swim Practice 3:30p - 8:30p							Lakota Y Swim Practice 3:00p-6:30p		
4:00										
4:30										
5:00										
5:30										
6:00		SWIM LESSONS 5:15p-8:00p		SWIM LESSONS 5:15p-8:00p						
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 have any



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	SUNDAY 5/6/2018	MONDAY 4/30 & 5/7	TUESDAY 5/1 & 5/8	WEDNESDAY 5/2 & 5/9	THURSDAY 5/3 & 5/10	FRIDAY 5/4/2018	SATURDAY 5/5/2018
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	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
6:00		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	
6:30						6:00a-7:00a	
7:00		6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	CLOSED FOR SPECIAL EVENT 7:00AM - 3:00PM	
7:30							
8:00		LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM			LAP SWIM ONLY
8:30		8:00a-10:00a	LAP & OPEN SWIM 8:00a-10:00a	8:00a-11:30a	LAP & OPEN SWIM 8:00a-9:30a		7:30a-12:30P
9:00							
9:30							
10:00		LAP SWIM ONLY	LAP SWIM ONLY				
10:30		10:00a-12:30p	10:00a-11:00a		LAP SWIM ONLY		
11:00					9:30a-12:00p		
11:30							
12:00			LAP & OPEN SWIM	LAP SWIM ONLY			
12:30			11:00a-1:00p	11:30p-4:30p			Lap Swim
1:00	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP SWIM ONLY		LAP & OPEN SWIM		Open Swim
1:30	12:00p-5:30p		1:00p-2:00p				12:30p-5:00p
2:00	Special Event	12:30p-3:00p	LAP & OPEN SWIM		12:00p-3:00p		
2:30	2:00-2:45p		2:00p-3:00p				
3:00		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	
3:30		3:00p-9:30p	3:00p-7:00p	3:00p-9:30p	3:00p-7:00p	3:00p-8:30p	
4:00							
4:30							
5:00							Open Swim
5:30							Only
6:00							5:00p-6:30p
6:30			NO LAP SWIM		NO LAP SWIM		Lap Swim
7:00			NO OPEN SWIM		NO OPEN SWIM		Open Swim
7:30			7:00p-8:00p		7:00p-8:00p		6:30p-7:30p
8:00			Open Swim		Open Swim		
8:30			8:00p-8:45p		8:00p-8:45p	LAP & OPEN SWIM	
9:00			Lap & Open Swim		Lap & Open Swim	8:45p-9:30p	
9:30			8:45p-9:30p		8:45p-9:30p		
10:00							

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MONDAY 5/14/2018 & 5/21/2018

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-3:30p	
6:30a							
7:00a							
7:30a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a				
8:00a							
8:30a							
9:00a							
9:30a							
10:00a							
10:30a	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							
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		
1:00p							
1:30p							
2:00p							
2:30p	Lap Swim 3:00p-9:30p						
3:00p		Lakota Y Team 3:30p-5:00p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p	
3:30p							
4:00p							
4:30p		Lap Swim 5:00p-9:30p					
5:00p							
5:15p							
5:45p							
6:00p							
6:15p							
6:30p							
6:45p							
7:00p							
7:15p							
7:30p							
7:45p							
8:00p	Lap Swim 8:30p-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	Lap Swim 8:30p-9:30p	
8:15p							
8:30p							
8:45p							
9:00p							
9:30p							

TUESDAY 5/15/2018

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-3:30p	Lap Swim 6:45a-3:30p						
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	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								
10:00a												
10:30a												
11:00a	Open Swim 11:00a-2:30p	Open Swim 11:00a-2:30p	Open Swim 11:00a-2:30p	Lap Swim 11:00a-3:00p								
11:30a												
12:00p												
12:30p												
1:00p												
1:30p												
2:00p												
2:30p							LAP SWIM 2:30p-7:00p	LAP SWIM 2:30p-7:00p				
3:00p												
3:30p												
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 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			Lap Swim 8:30p - 9:30p	Lap Swim 8:30p - 9:30p	Lap Swim 8:30p - 9:30p	Lap Swim 8:30p - 9:30p						
8:45p												
9:00p												
9:30p												

WEDNESDAY 5/16/2018

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							
7:00a							
7:30a							
8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-11:30a	6:00a-11:30a	6:00a-3:00p	
8:30a							
9:00a							
9:30a							
10:00a							
10:30a							
11:00a							
11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	SilverSplash	SilverSplash	SilverSplash	
12:00p							11:30a-12:20p
12:30p	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		
1:00p							
1:30p							
2:00p							
2:30p							
3:00p	Lap Swim 3:00p-9:30p						
3:30p							
4:00p		Lakota Y Team 3:30p-5:00p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p
4:30p							
5:00p			Lap Swim 5:00p-9:30p				
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			Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	
8:45p							
9:00p							
9:30p							

Thursday 5/17/2018

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	Open Swim 8:30a-11:00a	Open Swim 8:30a-11:00a	Open Swim 8:30a-11:00a								
9:00a											
9:30a											
10:00a											
10:30a	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							
11:00a											
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	LAP SWIM 2:30p-7:00p	LAP SWIM 2:30p-3:30p									
2:30p											
3:00p		Lakota Y Team 3:30p-7:00p					Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p
3:30p											
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											
8:15p											
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	Lap Swim 8:30p - 9:30p
8:45p											
9:00p											
9:30p											

Friday 5/18/2018

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-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							
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-3:30p	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										
3:00p				Lap Swim 3:30p-9:30p	Lakota Y Team 3:30p-8:30p		Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p
3:30p										
4:00p										
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		Lap 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				
8:45p										
9:00p										
9:30p										

Saturday 5/19/2018

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-3:00P	LAP SWIM 8:00a-3:00P	LAP SWIM 8:00a-3:00P
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			
9:30a						
10:00a	Aqua Boot Camp 10:00a-11:00a	Aqua Boot Camp 10:00a-11:00a	Aqua Boot Camp 10:00a-11:00a			
10:30a						
11:00a	LAP SWIM 11:00am - 12:30p	LAP SWIM 11:00am - 12:30p	LAP SWIM 11:00am - 12:30p			
11:30a						
12:00p						
12:30p						
1:00p	OPEN SWIM 12:30p-8:30p	OPEN SWIM 12:30p-8:30p	OPEN SWIM 12:30p-3:00p			
1:30p						
2:00p						
2:30p			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
3:00p						
3:30p						
4:00p						
4:30p	Open Swim 6:00p-7:30p	Lap Swim 6:00p-7:30p	Lap Swim 6:00p-7:30p	Lap Swim 6:00p-7:30p		
5:00p						
5:30p						
6:00p	Open Swim 6:00p-7:30p	Lap Swim 6:00p-7:30p	Lap Swim 6:00p-7:30p	Lap Swim 6:00p-7:30p		
6:30p						
7:00p						
7:30p						

Sunday 5/20/2018

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-2:00p	Lap Swim 12:00p-5:30p
12:30p						
1:00p					MOJO TRIATHLETE 2:00P-2:45P	MOJO TRIATHLETE 2:00P-2:45P
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						