

MARIN YMCA • POOL SCHEDULE

12/08/11

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 7:30–10:30 am (5 lanes)	Lap Swim 5:30–8:00 am (5 lanes)	Lap Swim 5:30–9:00 am (3 lanes)	Lap Swim 5:30–8:00 am (5 lanes)	Lap Swim 5:30–9:00 am (3 lanes)	Lap Swim 5:30–8:00 am (5 lanes)	Lap Swim 7:30–9:00 am (5 lanes)
Water Walk. 7:30–10:30 am (1 lane)	Water Walk. 5:30–8:00 am (1 lane)	Water Walk. 5:30–9:00 am (1 lane)	Water Walk. 5:30–8:00 am (1 lane)	Water Walk. 5:30–9:00 am (1 lane)	Water Walk. 5:30–8:00 am (1 lane)	Water Walk. 7:30–9:00 am (1 lane)
Lap Swim 10:30 am–6:30 pm (3 lanes)	Lap Swim* 8:00–noon (3 lanes)	Lap Swim* 9:00–noon (3 lanes)	Lap Swim* 8:00–noon (3 lanes)	Lap Swim* 9:00–noon (3 lanes)	Lap Swim* 8:00–noon (3 lanes)	Lap Swim* 9:00–11:00 am (3 lanes)
		Swim Lessons 10:00 am–12:15 pm		Swim Lessons 10:00 am–12:15 pm		Swim Lessons 10:00 am–noon
Rec. Swim 10:30 am–6:30 pm	Rec. Swim 11:00 am–noon	Rec. Swim 11:00 am–noon	Rec. Swim 11:00 am–noon	Rec. Swim 11:00 am–noon	Rec. Swim 11:00 am–noon	Rec. Swim 10:00 am–7:30 pm
	Lap Swim noon–3:00 pm (4 lanes)	Lap Swim noon–12:30 pm (4 lanes) 12:30–1:30 pm (2 lanes) 1:30–2:00 pm (4 lanes)	Lap Swim noon–3:00 pm (4 lanes)	Lap Swim noon–12:30 pm (4 lanes) 12:30–1:30 pm (2 lanes) 1:30–2:00 pm (4 lanes)	Lap Swim noon–3:00 pm (4 lanes)	Lap Swim 11:00 am–noon (2 lanes)
	Water Walk. noon–3:00 pm (2 lanes)	Water Walk. noon–2:00 pm (2 lanes)	Water Walk. noon–3:00 pm (2 lanes)	Water Walk. noon–2:00 pm (2 lanes)	Water Walk. noon–3:00 pm (2 lanes)	
		Y Swimmers 12:30–1:30 pm (2 lanes)		Y Swimmers 12:30–1:30 pm (2 lanes)		
	Lap Swim* 3:00–8:00 pm (3 lanes)	Lap Swim 2:00–6:15 pm (3 lanes)	Lap Swim* 3:00–8:00 pm (3 lanes)	Lap Swim 2:00–6:15 pm (3 lanes)	Lap Swim 3:00–9:30 pm (3 lanes)	Lap Swim noon–7:30 pm (3 lanes)
	Rec. Swim 3:00–6:00 pm	Rec. Swim 3:00–6:30 pm	Rec. Swim 3:00–6:00 pm	Rec. Swim 3:00–9:30 pm	Rec. Swim 3:00–9:30 pm	
	Swim Lessons 3:25–6:00 pm		Swim Lessons 3:25–6:00 pm			
		Swim Lessons 5:30–7:00 pm		Swim Lessons 5:30–7:00 pm		
	Rec. Swim 7:00–9:30 pm	Rec. Swim 7:15–9:30 pm	Rec. Swim 7:00–9:30 pm			
	Lap Swim 8:00–9:00 pm (2 lanes)	Lap Swim* 6:15–7:00 pm (2-3 lanes)	Lap Swim 8:00–9:00 pm (2 lanes)	Lap Swim 6:15–7:00 pm (2-3 lanes)		
	Y Swimmers 8:00–9:00 pm (2 lanes)	Lap Swim 7:00–9:30 pm (3 lanes)	Y Swimmers 8:00–9:00 pm (2 lanes)	Lap Swim 7:00–9:30 pm (3 lanes)		
	Lap Swim 9:00–9:30 pm (3 lanes)		Lap Swim 9:00–9:30 pm (3 lanes)			

Lap Swim - Lap swimming

Rec. Swim - Recreation swimming. Ages under 7 need parental supervision.

Water Walk. - Water walking

*During Water Exercise Classes, water walkers will be allowed to walk in the "slow" lap lane.

Y Swimmers - Adult Masters swim workout

At any one time, there may be only 2 lanes available for lap swim due to program needs.