

Fall I Pool Schedule

<p>Notice</p> <p>Schedule effective August 19, 2019, and is subject to change based on daily needs.</p> <p>Dress Code</p> <p>Swimmers must wear appropriate swim wear in the pool. Also, swimmers must take a shower in the locker room before entering the pool area.</p> <p>Lap/Open Swim</p> <p>Lap Swim and Open swim are free to members. The Y offers convenient pool times throughout the week for lap swimming as well as open swim.</p> <p>Directions</p> <p>If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.</p> <p>Speed</p> <p>Please try to choose a lane with swimmers that most nearly match your speed.</p> <p>Swimming Tips</p> <p>Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.</p> <p>Please note that all program activity ceases 15 minutes before closing.</p>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	6-7a McGehee High School Lanes 4-6	6a-12p LANES 4-6 LAP SWIM	6a-12p LANES 4-6 LAP SWIM	6a-12p LANES 4-6 LAP SWIM	6a-12p LANES 4-6 LAP SWIM	6-7a McGehee High School Lanes 4-6	8a-12p LANES 4-6 LAP SWIM
	6a-10a LANES 1-3 OPEN	6a-10a LANES 1-3 OPEN	6a-10a LANES 1-3 FREE SWIM	6a-10a LANES 1-3 OPEN	6a-10a LANES 1-3 OPEN	8a-12p LANES 1-3 FREE SWIM	
	10a-11a LANES 1-3 SWIM LESSONS		10a-11a LANES 1-3 SWIM LESSONS				
	11a-12p LANES 1-3 OPEN	11a-12p LANES 1-3 OPEN	11a-12p LANES 1-3 FREE SWIM	11a-12p LANES 1-3 OPEN	11a-12p LANES 1-3 OPEN	12p - 1p POOL CLOSED	
	12p - 1p POOL CLOSED	12p - 1p POOL CLOSED	12p - 1p POOL CLOSED	12p - 1p POOL CLOSED	12p - 1p POOL CLOSED		
	1p-4p LANE 4-6 LAP SWIM	1p-4p LANE 4-6 LAP SWIM	1p-4p LANE 4-6 LAP SWIM	1p-4p LANE 4-6 LAP SWIM	1p-4p LANE 4-6 LAP SWIM		1p - 3:45p LANES 4 - 6 LAP SWIM
	1p-2p LANES 1-3 SWIM LESSONS	1p-2p LANES 1-3 SWIM LESSONS	1p-2p LANES 1-3 SWIM LESSONS	1p-2p LANES 1-3 SWIM LESSONS	1p-2p LANES 1-3 SWIM LESSONS		
	2p-3:30p LANES 1-3 OPEN	2p-3:30p LANES 1-3 OPEN	2p-3:30p LANES 1-3 FREE SWIM	2p-3:30p LANES 1-3 OPEN	2p-3:30p LANES 1-3 OPEN		
	3:30p-4:15p LANES 1-3 SWIM LESSONS	3:30p-4:15p LANES 1-3 SWIM LESSONS	3-4p Immersion School Lanes 4-6	3:30p-4:15p LANES 1-3 SWIM LESSONS	3:30p-4:15p LANES 1-3 SWIM LESSONS		
	4-6 p SLST Lanes 4-6	4:15p- 6p LANES 1-3 OPEN	4-6 p SLST Lanes 4-6	4-5p McGehee High School Lanes 5- 6	4-5p Immersion School Lanes 3-4		
	6p-7p LANES 1-3 AEROBICS CLASS	4-5p McGehee High School Lanes 5-6	6p-7p LANES 1-3 AEROBICS CLASS	4-5:30p Trinity Swim Lanes 3-4	6p-7p LANES 1-3 AEROBICS CLASS		1p - 3:45p LANES 1 - 3 FREE SWIM
	7p-8p LANES 1-3 OPEN	7p-8p LANES 1-3 OPEN	7p-8p LANES 1-3 FREE SWIM	7p-8p LANES 1-3 OPEN	7p-8p LANES 1-3 OPEN		