



DECATUR FAMILY YMCA LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 a - 5:00 p Lap Swim (& 7 - 9 p)	4:30 a - 5:00 p Lap Swim (& 7 - 9 p)	4:30 a - 5:00 p Lap Swim (& 7 - 9 p)	4:30 a - 5:00 p Lap Swim (& 7 - 9 p)	4:30 a - 9:00 p Lap Swim (& 7 - 9 p)		
6:00 - 6:45 a Power Waves (Using 3 Lanes)	6:00 - 6:45 a Power Waves (Using 3 Lanes)			6:00 - 6:45 a Power Waves (Using 3 Lanes)	6:00 a - 4:00 p Lap Swim	
8:30 - 9:00 a Deep Water Workout (Using 3 Lanes)	8:30 - 9:00 a Deep Water Workout (Using 3 Lanes)	8:30 - 9:00 a Deep Water Workout (Using 3 Lanes)	8:30 - 9:00 a Deep Water Workout (Using 3 Lanes)	8:30 - 9:00 a Deep Water Workout (Using 3 Lanes)		
10:00 - 11:00 a Power Waves (Using 3 Lanes)	10:00 - 11:00 a Total H2O Workout (Using 3 Lanes)	10:00 - 11:00 a Power Waves (Using 3 Lanes)	10:00 - 11:00 a Total H2O Workout (Using 3 Lanes)	10:00 - 11:00 a Power Waves (Using 3 Lanes)	9:00 - 10:00 a Power Waves (Using 2 Lanes)	
		11:00 a - 2:00 p Safety Around the Water Programs When Scheduled (Using 4-6 Lanes)			9:30 a - 11:00 a Gator Practice (Using 4 Lanes)	11 a - 4p Lap Swim 11 a - 1p Special Olympics (Using 2 lanes)
		2:15 - 4:00 p Millikin Swim Team (Using 4 Lanes)				
	4:00 p - 7:00 p Swim Lessons (Using 2 Lanes)					
	5:00 - 6:15 p Water Aerobics (Using 2 Lanes)	5:00 - 6:15 p Water Aerobics (Using 2 Lanes)	5:00 - 6:15 p Water Aerobics (Using 2 Lanes)	5:00 - 6:15 p Swim Team Friday (Using 4 Lanes)	1:00 - 4:00 p Open Swim (Using 3 Lanes)	
	5:00 - 8:00 p Swim Team Monday - Thursday (5-6p using 4 Lanes, 6-8p using 6 lanes)	5:00 - 8:00 p Swim Team Monday - Thursday (5-6p using 4 Lanes, 6-8p using 6 lanes)				
8:00 - 9:00 p Lap Swim	8:00 - 9:00 p Lap Swim	8:00 - 9:00 p Lap Swim	8:00 - 9:00 p Lap Swim			

Lap Swimming

A total of 8 lanes are available when nothing else is scheduled. Please note the number of lanes used by each activity on the schedule, and be prepared to share limited lanes during busy time.

Thunder and/or Lightning

Pools will close in the event of a severe storm. Members will be asked to leave the pools if lightning and/or thunder occur until 20 minutes after the last sighting.