

Cary Family YMCA Aquatics
Lane Assignments
June 14, 2010 - Aug. 8, 2010
(Summer II)
THURSDAY

Time	Lanes									
	1	2	3	4	5	6	7	8		
5:45 AM 6:00 AM										
6:00 AM 6:30 AM		Lap	Swim			Lap	Swim			
6:30 AM 7:00 AM		Lap	Swim			Lap	Swim			
7:00 AM 7:30 AM	Wake Med									
7:30 AM 8:00 AM	Physical	Lap	Swim		Lap	Swim	Adult Stroke Clinic			
8:00 AM 8:30 AM	Therapy	Lap	Swim		Lap	Swim	7:30am - 8:15am			
8:30 AM 9:00 AM	7:00-9:00am									
9:00 AM 9:30 AM	Swim Lessons 9:10am - 9:45am (P-4)				Swim Lessons 9:00am - 9:50am (Y-4)					
9:30 AM 10:00 AM	Swim Lessons 9:50am - 10:25am (P/PP-4)				Swim Lessons 9:55am - 10:45am (Y-4)					
10:00 AM 10:30 AM					Swim Lessons 10:50am - 11:40am (Y-4)					
10:30 AM 11:00 AM	Family Swim 2 Lanes 10:30am - 12:00pm 4 Lanes 12:00pm - 8:00pm			Lap						
11:00 AM 11:30 AM				Swim						
11:30 AM 12 Noon										
12 Noon 12:30 PM						Lap		Swim	Y-Rageous	
12:30 PM 1:00 PM						Lap		Swim	Outreach Clinics	
1:00 PM 1:30 PM									11:50am - 1:30pm	
1:30 PM 2:00 PM										
2:00 PM 2:30 PM								Lap		Swim
2:30 PM 3:00 PM								Lap		Swim
3:00 PM 3:30 PM								Lap		Swim
3:30 PM 4:00 PM										
4:00 PM 4:30 PM							YOTA - White Group			
4:30 PM 5:00 PM					Lap		3 Lanes			
5:00 PM 5:30 PM					Swim		4:15pm - 5:30pm			
5:30 PM 6:00 PM							Water Aerobics			
6:00 PM 6:30 PM							5:30pm - 6:15pm			
6:30 PM 7:00 PM					Lap		YOTA - Purple Group			
7:00 PM 7:30 PM					Swim		3 Lanes			
7:30 PM 8:00 PM							6:30pm - 8:00pm			

Time	Lanes					
	1	2	3	4	5	6
7:00 AM 7:30 AM	YOTA - Bronze Group 7:00am - 9:00am					
7:30 AM 8:00 AM						
8:00 AM 8:30 AM						
8:30 AM 9:00 AM					Lap	Swim
9:00 AM 9:30 AM	Water Aerobics				Lap	Swim
9:30 AM 10:00 AM	3 Lanes 9:00am - 9:55am				Lap	Swim
10:00 AM 10:30 AM					Lap	Swim
10:30 AM 11:00 AM	YMCA Summer Day Camps 10:00am - 2:30pm					
11:00 AM 11:30 AM						
11:30 AM 12 Noon						
12 Noon 12:30 PM						
12:30 PM 1:00 PM						
1:00 PM 1:30 PM						
1:30 PM 2:00 PM						
2:00 PM 2:30 PM						
2:30 PM 3:00 PM						
3:00 PM 3:30 PM						
3:30 PM 4:00 PM	3:00pm - 4:00pm			13 & up - 3:15pm - 4:05pm		
4:00 PM 4:30 PM	Swim Lessons 4:10pm - 4:45pm (P-6)					
4:30 PM 5:00 PM	Swim Lessons 4:50pm - 5:40pm (PT/Y-6)					
5:00 PM 5:30 PM						
5:30 PM 6:00 PM	Summer Swim Team			Swim Lessons 5:45pm - 6:20pm (P-3)		
6:00 PM 6:30 PM	7 & 8 - 5:45pm - 6:35pm					
6:30 PM 7:00 PM	Summer Swim Team				Summer Swim Team	
7:00 PM 7:30 PM	9 & 10 - 6:35pm - 7:25pm				5 & 6 - 6:35pm - 7:25pm	
7:30 PM 8:00 PM	Summer Swim Team			Swim Lessons 7:25pm - 8:15pm (A-3)		
8:00 PM 8:30 PM	11 & 12 - 7:25pm - 8:15pm					

*Adult Stroke Clinic meets 6/10, 6/17, 6/24, 7/15, 7/22 & 7/29.