

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

MAIN

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 Therapy	Lap	Swim		Lap	Swim	Lap	Swim	
8:00 AM 8:30 AM		Lap	Swim		Lap	Swim	Lap	Swim	
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								
11:00 AM 11:30 AM			Lap	Swim					
11:30 AM 12 Noon									
12 Noon 12:30 PM						Lap	Swim	Y-Rageous Outreach Clinics 11:50am - 1:30pm	
12:30 PM 1:00 PM						Lap	Swim		
1:00 PM 1:30 PM									
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									
4:30 PM 5:00 PM						Lap	Swim		
5:00 PM 5:30 PM						Lap	Swim		
5:30 PM 6:00 PM						Lap	Swim		
6:00 PM 6:30 PM									
6:30 PM 7:00 PM									
7:00 PM 7:30 PM									
7:30 PM 8:00 PM							Water Aerobics 7:00pm - 7:45pm		

OASIS

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