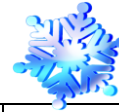


A.E. FINLEY
YMCA
 Lap Swim Schedule



	Morning	Afternoon	Evening	January - March 2010
Monday	5:30-7:00 am (7) 7:00-8:30 am (10) 8:30-11:30am (6) 11:30-12:00pm (7)	12:00-12:30 pm (5) 12:30-1:00 pm (8) 1:00-3:00 pm (7) 3:00-3:30 pm (6) 3:30-4:30pm (2) 4:30-5:00pm (4)	5:00-5:30pm (2) 5:30-7:00pm (5) 7:00-8:00pm (2) 8:00-9:30 pm (5) 9:30-9:45 pm (8)	<p>Lap Swim Etiquette</p> <ul style="list-style-type: none"> • When joining a lap lane, please join swimmers similar to your swimming ability and pace. • Please be courteous and notify other swimmers when entering a lane that is in use. • The staff may have to move swimmers to accommodate the pool schedule. We will move swimmers as little as possible. • Circle Swim is required when there is more than one swimmer per lane. Circle swimming is when you always stay on the right-hand side of the lap lane and pass on the left. <p>Lap Swim Lane Key (1) One lane available (2) Two lanes available (3) Three lanes available (4) Four lanes available (5) Five lanes available (6) Six lanes available (7) Seven lanes available (8) Eight lanes available (9) Nine lanes available (10) Ten lanes available</p> <p>*Every Wednesday and Thursday we will be changing the pool set-up to short course meters. This set-up helps to utilize pool space more efficiently & provides variety for swimmers.</p>
Tuesday	5:30-8:30 am (10) 8:30- 9:15am (6) 9:15-9:45am (4) 9:45-11:30am (7) 11:30-12:00 pm (10)	12:00-12:30pm (8) 12:30-1:00 pm (6) 1:00-3:00 pm (8) 3:00-3:30 pm (7) 3:30-5:00pm (3)	5:00-6:00pm (4) 6:00-8:00pm (2) 8:00-8:30 pm (5) 8:30-9:45 pm (8)	
Wednesday*	5:30-7:00 am (7) 7:00-8:30 am(10) 8:30-12:00pm (6)	12:00-1:00 pm (3) 1:00-3:00 pm (7) 3:00-3:45 pm (6) 3:45-5:30pm (2)	5:30-7:00 pm (3) 7:00-7:30 pm (5) 7:30-9:45 pm (8)	
Thursday*	5:30-8:30 am (10) 8:30-9:00am (7) 9:00-10:00am (6) 10:00-10:30am (7) 10:30-11:30am (5) 11:30-12:00 pm (8)	12:00-1:00pm (7) 1:00-3:00 pm (8) 3:00-3:45pm (7) 3:45-6:00 pm (4)	6:00-7:00pm (2) 7:00-8:00 pm (4) 8:00-9:45 pm (8)	
Friday	5:30-7:00 am (7) 7:00-8:30 am (10) 8:30-9:30 am (6) 9:30-11:30 am (3) 11:30-12:30 pm (4)	12:30-1:00 pm (7) 1:00-1:30pm (6) 1:30-3:00pm (7) 3:00-4:00 pm (6) 4:00-4:30 pm (4)	4:30-6:00 pm (3) 6:00-7:00 pm (2) 7:00-8:30 pm (4) 8:30-9:30 pm (5) 9:30-9:45 pm (8)	
Saturday	7:30-8:30 am (10) 8:30-9:45 am (5) 9:45-11:00 am (2) 11:00am-12:30pm (3)	12:30-4:00 pm (6)	4:00-5:45 pm (8)	
Sunday	n/a	n/a	1:00-6:45 pm (8)	

Pool Hours:
Monday - Friday: 5:30 a.m. - 9:45 pm
Saturday: 7:30 a.m. - 5:45 p.m.
Sunday: 1:00 p.m. - 6:45 p.m.