

A.E. FINLEY  
**YMCA**  
 Lap Swim Schedule



	Morning	Afternoon	Evening	March - May 2010
<b>Monday</b>	5:30-7:00 am (7) 7:00-8:30 am (10) 8:30-11:30 am (6) 11:30 am-12:00 pm (10)	12:00-12:30 pm (8) 12:30-1:00 pm (8) 1:00-3:00 pm (7) 3:00-3:30 pm (6) 3:30-4:30 pm (3) 4:30-5:00 pm (4)	5:00-8:00 pm (2) 8:00-9:30 pm (5) 9:30-9:45 pm (8)	<p><b>Lap Swim Etiquette</b></p> <ul style="list-style-type: none"> <li>• When joining a lap lane, please join swimmers similar to your swimming ability and pace.</li> <li>• Please be courteous and notify other swimmers when entering a lane that is in use.</li> <li>• The staff may have to move swimmers to accommodate the pool schedule. We will move swimmers as little as possible.</li> <li>• 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.</li> </ul> <p><b>Lap Swim Lane Key</b>  <b>(1) One lane available</b>  <b>(2) Two lanes available</b>  <b>(3) Three lanes available</b>  <b>(4) Four lanes available</b>  <b>(5) Five lanes available</b>  <b>(6) Six lanes available</b>  <b>(7) Seven lanes available</b>  <b>(8) Eight lanes available</b>  <b>(9) Nine lanes available</b>  <b>(10) Ten lanes available</b></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 &amp; provides variety for swimmers.</p>
<b>Tuesday</b>	5:30-8:30 am (10) 8:30- 9:15 am (9) 9:15-9:45 am (4) 9:45-11:30 am (7) 11:30-12:00 pm (10)	12:00-1:00 pm (6) 1:00-3:00 pm (8) 3:00-3:30 pm (7) 3:30-5:00pm (4)	5:00-6:00pm (3) 6:00-7:30pm (2) 7:30-8:30 pm (5) 8:30-9:45 pm (8)	
<b>Wednesday*</b>	5:30-7:00 am (7) 7:00-8:30 am(10) 8:30 am-1:00 pm (6)	1:00-3:00 pm (7) 3:00-3:45 pm (6) 3:45-7:00 pm (3)	7:00-7:30 pm (5) 7:30-9:45 pm (8)	
<b>Thursday*</b>	5:30-8:30 am (10) 8:30-9:00 am (10) 9:00-10:00 am (6) 10:00-10:30 am (7) 10:30-11:40 am (5) 11:40-12:30 pm (3)	12:00-1:00 pm (7) 1:00-3:00 pm (8) 3:00-3:45 pm (7) 3:45-8:00 pm (4)	8:00-9:45 pm (8)	
<b>Friday</b>	5:30-7:00 am (7) 7:00-8:30 am (10) 8:30-9:30 am (6) 9:30 am-12:30 pm (6)	12:30-3:00 pm (7) 3:00-3:45 pm (6) 3:45-6:00 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)	
<b>Saturday</b>	7:30-8:25 am (10) 8:25-9:40 am (5) 9:40-11:00 am (2) 11:00 am- 12:00 pm (3)	12:00-4:00 pm (6)	4:00-5:45 pm (8)	
<b>Sunday</b>	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.**