Cary Family YMCA Aquatics
Main Pool Lane Assignment
Monday
January 2, 2012 - April 29, 2012

MONDAY MONDAY MONDAY MONDAY MONDAY MONDAY MONDAY MONDAY MONDAY MONDAY MONDAY

Time	LANES 1	2	3	4	5	6	7	8
5:45 AM 6:30 AM								
6:30 AM 7:00 AM		Lap	Swim			Lap	Swim	
7:00 AM 7:30 AM		Lap	Swim			Lap	Swim	
7:30 AM 8:00 AM		Lap	Swim			Lap	Swim	
8:00 AM 8:30 AM						Lap	Swim	
8:30 AM 9:00 AM						Lap	Swim	
9:00 AM 9:30 AM	Water Aerobics 9:00am - 9:55am			Water Jogging Available (no insructor)				
9:30 AM 10:00AM								
10:00 AM 10:30 AM							Navy Seals (every other wk) 10:00am - 10:30am	
10:30 AM 11:00 AM	Family Swim 10:30am - 4:00pm							
11:00 AM 11:30 AM								
11:30 AM 12:00 PM					Lap	Swim		
12:00 PM 12:30 PM					Lap	Swim		
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				Lap	Wake Co. High School Swim Practice 2:30pm - 4:00pm Nov. 1 - Feb. 11			
3:00 PM 3:30 PM				Lap				
3:30 PM 4:00 PM								
4:00 PM 4:30 PM	Swim Lessons 4:15pm - 5:45pm					YOTA Swim Team		
4:30 PM 5:00 PM				Lap	Swim			
5:00 PM 5:30 PM				Lap	Swim			
5:30 PM 6:00 PM	Mini/Junior Competitor 5:50pm - 6:40pm				Swim	4:00pm - 5:30pm (Purple)		
6:00 PM 6:30 PM						5:30pm - 6:30pm (Green)		
6:30 PM 7:00 PM	Family Swim (Shallow)*: 6:45pm - 8:00pm					6:30pm - 7:45pm (White)		
7:00 PM 7:30 PM	Water Aerobics* 7:00pm - 7:50pm			Lap	Swim			
7:30 PM 8:00 PM	*Lanes 1, 2 & 3			Lap	Swim			
8:00 PM 8:30 PM	Swim Lessons 8:00pm - 8:50pm (A)					7:45pm - 9:15pm (Bronze)		
8:30 PM 9:00 PM								

Schedules and space availability are subject to adjust as program needs change.

Rev. 12/15/2011

All dates and information are accurate at the time of publication. However, the aquatics schedule is subject to change without notice.