SATURDAY/SUNDAY SATURDAY/SUNDAY SATURDAY/SUNDAY SATURDAY/SUNDAY SATURDAY/SUNDAY SATURDAY/SUNDAY

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

SATURDAY

LANES

Time	1	2	3	4	5	6	7	8
8:00 AM 8:30 AM						YOTA Swim Team 8:00am - 9:30am (Purple)		
8:30 AM 9:00 AM								
9:00 AM 9:30 AM	Water Aerobics 9:00am - 9:55am							
9:30 AM 10:00 AM								
10:00 AM 10:30 AM	First Strokes 10-10:30am				Swim Lessons 10:00-10:35am			
10:30 AM 11:00 AM	Family Swim 10:30am - 6:00 pm				Swim Lessons 10:40-11:15am			
11:00 AM 11:30 AM			Lap	Swim	Swim Lessons 11:20-12:10pm			
11:30 AM 12 Noon			Lap	Swim	Swim Lessons 12:15-1:05pm			
12 Noon 12:30 PM								
12:30 PM 1:00 PM					Mini/Jr. Competitor 1:15pm -2:30 pm (**Time Trials - All Groups**) *10/15, 11/5, and 12/3			
1:00 PM 1:30 PM			Lap	Swim				
1:30 PM 2:00 PM			Lap	Swim				
2:00 PM 2:30 PM								
2:30 PM 3:00 PM								
3:00 PM 3:30 PM								
3:30 PM 4:00 PM					Lap	Swim		
4:00 PM 4:30 PM					Lap	Swim		
4:30 PM 5:00 PM					Lap	Swim		
5:00 PM 5:30 PM					Lap	Swim		
5:30 PM 6:00 PM								

SUNDAY

LANES

Time	1	2	3	4	5	6	7	8
1:00 PM 1:30 PM	Family Swim 1:00pm - 6:00pm						Water Jogging 1:15pm - 2:00pm	
1:30 PM 2:00 PM					Lap Swim			
2:00 PM 2:30 PM					Lap Swim			
2:30 PM 3:00 PM								
3:00 PM 3:30 PM								
3:30 PM 4:00 PM						Lap Swim		
4:00 PM 4:30 PM						Lap Swim		
4:30 PM 5:00 PM								
5:00 PM 5:30 PM						Lap Swim		
5:30 PM 6:00 PM								

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

Rev. 10/03/2011

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