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

TUESDAY TUESDAY TUESDAY TUESDAY TUESDAY TUESDAY TUESDAY TUESDAY TUESDAY TUESDAY

LANES

Time	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					
8:00 AM 8:30 AM		Lap	Swim		Lap	Swim		
8:30 AM 9:00 AM					Lap	Swim		
9:00 AM 9:30 AM	Water Aerobics 9:00am - 9:55am							
9:30 AM 10:00AM						Swim Lessons 9:30am - 10:05am (TO)		
10:00 AM 10:30 AM				Lap	Swim	Swim Lessons 10:10am - 10:45am (P)		
10:30 AM 11:00 AM				Lap	Swim			
11:00 AM 11:30 AM	Track Out Camps Cary: 10:50am - 11:25am							Water Jogging Available (no instructor)
11:30 AM 12:00 PM								
12:00 PM 12:30 PM								
12:30 PM 1:00 PM	Family Swim 10:30am - 4:00pm		Wake Med PT 12:15-3:00p	Lap	Swim			
1:00 PM 1:30 PM						Swim Lessons 1:00pm - 1:35pm (P)		
1:30 PM 2:00 PM				Swim				
2:00 PM 2:30 PM				Swim				
2:30 PM 3:00 PM				Swim	Wake Co. High School Swim Practice 2:30pm - 4:00pm Nov. 1 - Feb. 11			
3:00 PM 3:30 PM								
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	4:00pm - 5:30pm (Purple)		
5:30 PM 6:00 PM	Mini/Junior Competitor 5:50pm - 6:40pm				Swim	5:30pm - 6:45pm (White)		
6:00 PM 6:30 PM						6:45pm - 8:15pm (Bronze)		
6:30 PM 7:00 PM	Y-Life Camp* 7:00pm - 7:45pm							
7:00 PM 7:30 PM				Lap	Swim			
7:30 PM 8:00 PM	YMCA Lifeguarding Class 7:45pm -9:15pm Jan. 8 - Apr. 28			Lap	Swim			
8:00 PM 8:30 PM								
8:30 PM 9:00 PM								

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

* Y-Life Camp: 1st and 3rd Tuesday of each month.

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.