



We build strong kids, strong families, strong communities.

## Kerr Family YMCA Indoor Pool Schedule September 6, 2011 through May 25, 2012

		Activity	Day	Time	Notes
Main Pool	Family Swim		Monday/Wednesday	10:00am-6:40pm	Family Swim is available to Members and guests of all ages. Children, preschool age and younger, and all children wearing floatation should have an adult in the water within arms reach, at all times. Elementary age children who are able to swim without floatation must be supervised by adult who is on the pool deck. Children who have gone through Middle School Orientation may swim in the pool unsupervised as long as they are wearing their MSO wrist band. All children under the age of 14 must be wearing a black band to swim in deep water.
			Tuesday/Thursday	10:00am-5:00pm	
			Friday	10:00am-8:45pm	
			Saturday	12:00-5:45pm	
			Sunday	1:00-6:45pm	
	Lap Swim		Monday/Wednesday	5:30am-9:45pm	Lap Swim is available to Members and guests on a first-come-first-served basis. A minimum of one lane is available at all times except during Swim Lessons on Tuesday and Thursday evening from 4:30-7:15pm. No lap lanes are available during this time. See the table on the reverse side of this schedule for information about lane availability.
			Friday	5:30am-8:45pm	
			Tuesday/Thursday	5:30am-5:00pm 8:15-9:45pm	
			Saturday	7:30am-5:45pm	
			Sunday	1:00-6:45pm	
	Swim Lessons		Monday/Wednesday	12:45-2:10pm	Group Swim Lessons are available to Members and Program Participants ages 10 months to adult. Swim Lesson registration material is available at the Front Desk.
			Tuesday/Thursday	12:45-2:10pm 5:00-9:00pm	
			Saturday	9:10am-2:00pm	
	Masters Swim		Tuesday/Thursday	5:45-6:45am	Masters Swim is available to Members. A coach on the pool deck provides a challenging, skill appropriate workout. A minimum of intermediate swimming skills are helpful.
			Saturday	7:40-9:00am	
	Swim Team		Mon/Wed	3:00-8:45pm	YOTA is a YMCA of the Triangle Area, year-round, competitive swim team available to Members only. Contact Chad Onken at 719-9606 for more information. During the months of November through February Wakefield High School Swim Team also practices in our pool.
			Friday	3:00-7:45pm	
			Tuesday	3:00-8:00pm	
			Thursday	3:00-6:45pm	
Water Aerobics	AM		Monday	9:00-10:00am	A variety of water aerobic classes, available to Members and guests that incorporate the elements of cardio and strength work in shallow and/or deep water with varying degrees of difficulty. For a detailed description of the classes, refer to the monthly water aerobics calendar available in the kiosk on the pool deck or on our website, <a href="http://www.ymcatriangle.org">www.ymcatriangle.org</a> .
			Tuesday/Thursday	8:30-10:00am	
			Wednesday/Friday	8:00-10:00am	
	PM		Monday/Wednesday	6:45-7:45pm	
			Saturday	8:45-9:45pm	
Active Older Adults		Monday-Friday	11:30-12:30pm	Water Fitness classes available to Members only that cater to Seniors. Please ask for information about the complete Active Older Adults program available at the Front Desk.	
Play Pool	Family Swim		Monday-Friday	10:00am-2:00pm 4:00pm-8:00pm	The Play Pool is available to Members and guests 7 years of age and younger. Children must have an adult, 18 years of age or older, in the Play Pool area while they swim.
			Saturday	10:00am-5:45pm	
			Sunday	1:00-6:45pm	

## Lap Swim Hours - Main Pool

Lap Swim Hours - Main Pool													
<b>Monday</b>	From	To	#	<b>Tuesday/Thursday</b>	From	To	#	<b>Friday</b>	From	To	#		
	5:30am	9:00am	8 lanes		5:30am	6:45am	4 lanes		5:30am	8:00am	8 lanes		
	9:00am	10:00am	5 lanes		6:45am	8:30am	8 lanes		8:00am	10:00am	5 lanes		
	10:00am	11:30am	6 lanes		8:30am	10:00am	5 lanes		10:00am	11:30am	6 lanes		
	11:30am	1:00pm	3 lanes		10:00am	11:30am	6 lanes		11:30am	12:30pm	3 lanes		
	1:00pm	2:30pm	1 lanes		11:30am	1:00pm	3 lanes		12:30pm	3:00pm	4 lanes		
	2:30pm	3:00pm	5 lanes		1:00pm	2:15pm	1-2 lanes		3:00pm	8:45pm	2-3 lanes		
	3:00pm	7:45pm	3 lanes		2:15pm	3:00pm	5 lanes		From	To	#		
	7:45pm	8:45pm	5 lanes		3:00pm	5:00pm	3 lanes		7:30am	8:45am	4 lanes		
	8:45pm	9:45pm	8 lanes		5:00pm	8:15pm	0 lanes		8:45am	10:30am	3 lanes		
<b>Wednesday</b>	From	To	#	8:15pm	9:00pm	5 lanes	<b>Saturday</b>	10:30am	12:00pm	2 lanes			
	5:30am	8:00am	8 lanes	9:00pm	9:45pm	8 lanes		12:00pm	2:00pm	2-6 lanes			
	8:00am	10:00am	5 lanes	Please note: There is no Lap or Family Swim on Tuesday and Thursday nights from 5:00-8:15pm.				2:00pm	5:45pm	6 lanes			
	10:00am	11:30pm	6 lanes					<b>Sunday</b>	From 1:00 until 6:45 on Sunday 5 lanes are available for lap swim				
	11:30am	1:00pm	3 lanes										
	1:00pm	2:30pm	1 lanes										
	2:30pm	3:00pm	5 lanes										
	3:00pm	7:45pm	3 lanes										
	7:45pm	8:45pm	5 lanes										
8:45pm	9:45pm	8 lanes											

Circumstances such as bad weather may result in adjustments to this schedule. In the event of bad weather please call the YMCA before you come to swim. Swim lessons cancelled by the YMCA will be made up at their regularly scheduled time on non-swim lesson days.