

Lenny DeMuro Pool Schedule MDI YMCA

March 15th-21st

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Lenny DeMuro Pool Schedule MDY YMCA

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Times	Saturday	Sunday	
5:30 - 5:45am	pool opening	pool opening	pool opening	pool opening	pool opening	5:30 - 5:45am			
5:45 - 6:30am	Lap ⁴ /Swim Team ² 5:45-8:30	Lap ⁴ /Swim Team ² 5:45-8:30	Lap ⁴ /Swim Team ² 5:45-8:30	Lap ⁴ /Swim Team ² 5:45-8:30	Masters ³ /Lap ³ 5:45-7:00	5:45 - 6:30am			
6:30 - 7:00am					6:30 - 7:00am				
7:00 - 7:30am					7:00 - 7:30am				
7:30 - 8:00am					7:30 - 8:00am				
8:00 - 8:30am					8:00 - 8:30am				
8:30 - 9:00am	Lifeguard Shift Change					8:30 - 9:00am	pool opening		
9:00 - 9:30am	Lap ⁴ / Family ²	Ray/Star ³ /Lap ³	Ray/Star ³ /Pre ³	Lap ⁴ / Family ²	Lap ⁴ / Family ²	9:00 - 9:30am	Log Rolling	pool opening	
9:30 - 10:00am		Pk/Eel ³ /Lap ³	PERS ³ /Lap ³			9:30 - 10:00am	Pol/Gup 9:30-10:10; Pk,PK/E, Min, F/Fif 10:15	Lap ³ /Rec ³	
10:00 - 10:30am	Low Impact Ex ⁴	Lap ⁴ / Family ²	Low Impact Ex ⁴		Low Impact Ex ⁴	10:00 - 10:30am			
10:30 - 11:00am	Lap ²	Adult Lsn ² , Lap ² , Family ²	Lap ²		Lap ²	10:30 - 11:00am			
11:00 - 11:30am	Lap ⁴ / Family ²	Lap ⁴ / Family ²	Lap ⁴ / Family ²		Lap ⁴ / Family ²	Lap ⁴ / Family ²	11:00 - 11:30am	Ray/Star ³ /Lap ³	
11:30 - Noon							11:30 - Noon	SKIP ³ /Lap ³	LG Break
Noon - 12:30pm							12:30 - 1:00pm	LG Break	Lap3/Rec3 (Community Free Swim 1pm - 2:30)
12:30 - 1:00pm	1:00 - 1:30pm	Lap3/Rec3							
1:00 - 1:30pm	Aqua-Aerobics ² / Lap ⁴	Pool Maintenance	Aqua-Aerobics ² / Mstrs ² /Lap ⁴		Pool Maintenance	Aqua-Aerobics ² / Lap ⁴	1:00 - 1:30pm		
1:30 - 2:00pm	Lifeguard Shift Change					1:30 - 2:00pm			
2:00 - 2:30pm	Lifeguard Shift Change					2:00 - 2:30pm	LG Break		
2:30 - 3:00pm	Senior ST ³ /Lap ³ 2:45-4:15	Senior & Gold Swim Team 2:45-4:15	Senior ST ³ /Lap ³ 2:45-4:15	Senior & Gold Swim Team 2:45-4:15	Senior ST ³ /Lap ³ 2:45-4:15	2:30 - 3:00pm	Lap ³ /Rec ³	Kayaking 2:30 3:45	
3:00 - 3:30pm						3:00 - 3:30pm			
3:30 - 4:00pm						3:30 - 4:00pm			
4:00 - 4:30pm	Green & Gold Team 4:15-5:30	Ray/Star, Guppy 4:15-5	Green & Gold Team 4:15-5:30	Pke, Pk/Eel, Pol 4:15-5	Green & Gold Team 4:15-5:30	4:00 - 4:30pm	Pool Closing		
4:30 - 5:00pm						4:30 - 5:00pm			
5:00 - 5:30pm		5:00 - 5:30pm							
5:30 - 6:00pm	Masters ³ / Lap ³	Minnow ³ /Lap ³ 5:00-5:45	Lap Swim	Gup, Min. Fish 5-5:45	Lap Swim	5:30 - 6:00pm			
6:00 - 6:30pm	Aqua-Aerobics ² / Lap ³ /Scuba ¹	Gold Team 5:45-7:00	Aqua-Aerobics ² / Lap ³ /Scuba ¹	Gold Team 5:45-7:00	Lap Swim	6:00 - 6:30pm			
6:30 - 7:00pm		Lap Swim ⁵ / Scuba ¹	Water Polo	Lap Swim ⁵ / Scuba ¹	Friday Night Family Rec Swim	6:30 - 7:00pm			
7:00 - 7:30pm						7:00 - 7:30pm			
7:30 - 8:00pm						7:30 - 8:00pm			
8:00 - 8:30pm		Underwater Hockey					8:00 - 8:30pm		
8:30 - 9:00pm	Pool Closing & Maintenance					8:30 - 9:00pm			

The Superscripts, ^{1,2,3} indicate the number of lanes available for each activity.

Updated 12/29/09 5:55 pm

Blocks of time are available for private rentals. Check @ Member Service Desk for pool closing due to rentals

-  pool closed for staff activities
-  pool closed for special events
-  pool closed no staff on duty
-  SOMETHING NEW!!