

# Lenny DeMuro Pool Schedule MDI YMCA

March 8th - 14th

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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	Swim Team <sup>3</sup>	Swim Team <sup>3</sup>	Swim Team <sup>3</sup>	Swim Team <sup>3</sup>	Swim Team <sup>3</sup>	5:45 - 6:30am				
6:30 - 7:00am	Lap <sup>3</sup>	Lap <sup>3</sup>	Lap <sup>3</sup>	Lap <sup>3</sup>	Lap <sup>3</sup>	6:30 - 7:00am				
7:00 - 7:30am	5:45-7:45	5:45-7:45	5:45-7:45	5:45-7:45	5:45-7:45	7:00 - 7:30am				
7:30 - 8:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	7:30 - 8:00am				
8:00 - 8:30am						8:00 - 8:30am			pool opening	pool open & maintenance
8:30 - 9:00am	Lifeguard Shift Change					8:30 - 9:00am	Log Rolling	Lap3/Rec3		
9:00 - 9:30am	Lap <sup>4</sup> / Family <sup>2</sup>	Ray/Star <sup>3</sup> /Lap <sup>3</sup>	PreSch <sup>3</sup> /Lap <sup>3</sup>	Lap <sup>4</sup> / Family <sup>2</sup>	Lap <sup>4</sup> / Family <sup>2</sup>	9:00 - 9:30am	Pol/Gup 9:30-10:10; Pk,PK/E, Min 10:15-11			
9:30 - 10:00am		Pk/Eel <sup>3</sup> /Lap <sup>3</sup>	PERS <sup>3</sup> /Lap <sup>3</sup>		Lap <sup>4</sup> / Family <sup>2</sup>	9:30 - 10:00am				
10:00 - 10:30am	Low Impact Ex <sup>4</sup>	SKIP <sup>3</sup> /Lap <sup>3</sup>	Low Impact Ex <sup>4</sup>		Low Impact Ex <sup>4</sup>	10:00 - 10:30am				
10:30 - 11:00am	Lap <sup>2</sup>	Adult Lsn <sup>2</sup> , Lap <sup>2</sup> , Family <sup>2</sup>	Lap <sup>2</sup>		Lap <sup>2</sup>	10:30 - 11:00am				
11:00 - 11:30am						11:00 - 11:30am			Ray/Star FFish	
11:30 - Noon	Lap <sup>4</sup> / Family <sup>2</sup>	Lap <sup>4</sup> / Family <sup>2</sup>	Lap <sup>4</sup> / Family <sup>2</sup>		Lap <sup>4</sup> / Family <sup>2</sup>	11:30 - Noon			SKIP	LG Break
Noon - 12:30pm		Lap <sup>4</sup> / Family <sup>2</sup>				Noon - 12:30pm			LG Break	
12:30 - 1:00pm						12:30 - 1:00pm				
1:00 - 1:30pm	Aqua-Aerobics <sup>3</sup> / Lap <sup>3</sup>	Pool Maintenance	Aqua-Aerobics <sup>3</sup> / Lap <sup>3</sup>		Pool Maintenance	Aqua-Aerobics <sup>3</sup> / Lap <sup>3</sup>			1:00 - 1:30pm	Lap3/Rec3 (Community Free Swim 1pm - 2:30)
1:30 - 2:00pm								1:30 - 2:00pm		
2:00 - 2:30pm	Lifeguard Shift Change					2:00 - 2:30pm				
2:30 - 3:00pm						2:30 - 3:00pm	LG Break			
3:00 - 3:30pm	Senior Swim Team 2:45-4:15	Senior Swim Team 2:45-4:15	Senior Swim Team 2:45-4:15	Senior Swim Team 2:45-4:15	Senior Swim Team 2:45-4:15	3:00 - 3:30pm	Lap <sup>3</sup> /Rec <sup>3</sup>	Kayaking 2:30 3:45		
3:30 - 4:00pm						3:30 - 4:00pm				
4:00 - 4:30pm	Green Team 4:15-5:15	Ray/Star, Guppy 4:15-5	Green Team 4:15-5:15	Pke, Pk/Eel, Pol 4:15-5	Green Team 4:15-5:15	4:00 - 4:30pm		Pool Closing		
4:30 - 5:00pm						4:30 - 5:00pm				
5:00 - 5:30pm		Minnow, Ffish/Shark 5:00-5:45;		Gup, Min. Fish, 5-5:45		5:00 - 5:30pm	Pool Closing			
5:30 - 6:00pm	Gold Team 5:15-6:30		Gold Team 5:15-6:30		Gold Team 5:15-6:30	5:30 - 6:00pm				
6:00 - 6:30pm		Gold Team 5:45-7:00		Gold Team 5:45-7:00		6:00 - 6:30pm				
6:30 - 7:00pm	Aqua-Aerobics <sup>3</sup> / Lap <sup>2</sup> /Scuba <sup>1</sup>		AdLsn <sup>1</sup> / Aqua-Abics <sup>3</sup> /Lap <sup>2</sup>		Lap Swim <sup>5</sup> / Scuba <sup>1</sup>	6:30 - 7:00pm				
7:00 - 7:30pm		Lap Swim <sup>5</sup> / Scuba <sup>1</sup>			Lap4 / Family2	7:00 - 7:30pm				
7:30 - 8:00pm	Underwater Hockey		Water Polo			7:30 - 8:00pm				
8:00 - 8:30pm						8:00 - 8:30pm				
8:30 - 9:00pm	Pool Closing & Maintenance					8:30 - 9:00pm				

The Superscripts, <sup>1,2,3</sup> 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