



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Apr 16th - May 27th POOL SCHEDULE ONEIDA

Note: The Oneida YMCA will be closed on May 28th for Memorial Day.

Lap Swimming Tips:
To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool. Please ask permission before using equipment from the wooden cubby.

Directions:
If there are three swimmers in a lane, the entrance of a fourth person immediately changes the lane to "circle" swimming format.

Speed:
Please try to choose a lane that most nearly matches your speed. Swimmers who swim with their head out of the water should use the slow lane.

Shower:
Please walk through the shower before entering the pool, including after Steam Room or Sauna use.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:25 Lap Swim	5:45-6:30 Hydro Spin Water Shoes Required 5:30-6:30 1.5 Lap Lanes 6:30-8:25 Lap Swim (all lanes)	5:30-8:25 Lap Swim	5:45-6:30 Hydro Spin Water Shoes Required 5:30-7:30 Lap Swim (1.5 Lap Lanes 5:30-6:30) 7:30-8:15 Hydro Spin 1 Lap Lane	5:30-8:25 Lap Swim		
8:30-9:25 Shallow Water Aerobics	8:30-9:25 Deep Water Jogging	8:30-9:25 Shallow Water Aerobics	8:30-9:25 Deep Water Jogging	8:30-9:25 Aqua Zumba ®	7:00-8:55 Lap Swim	
9:30-11:00 Pre/Post Surgery Therapy	9:30-10:30 Swim Lessons \$	9:30-11:00 Pre/Post Surgery Therapy	9:30-10:00 Swim Lessons \$	9:30-11:00 Pre/Post Surgery Therapy (No instruction)	9:00-12:00 Swim Lessons \$	9:30-10:45 Special Olympics Swim Practice
11:00-12:00 Family Swim 1 Lap Lane	10:30-12:00 Family Swim 1 Lap Lane	11:00-12:00 Family Swim 1 Lap Lane	10:30-12:00 Gym and Swim \$	11:00-12:00 Family Swim 1 Lap Lane		11:00-12:25 Lap Swim
12:00-1:20 Lap Swim	12:00-1:00 Lap Swim	12:00-1:20 Lap Swim	12:00-1:00 Lap Swim	12:00-1:20 Lap Swim	12:00-1:25 Lap Swim	
1:25-2:10 Young at Heart 1 Lap Lane	1:00-2:10 Family Swim 1 Lap Lane	1:25-2:10 Young at Heart 1 Lap Lane	1:00-2:10 Family Swim 1 Lap Lane	1:25-2:10 Young at Heart 1 Lap Lane		12:30-2:15 Family Swim 1 Lap Lane
2:10-3:00 Lap Swim	2:10-3:00 Lap Swim	2:10-3:00 Lap Swim	2:10-3:00 Lap Swim	2:10-3:00 Lap Swim	1:30-3:15 Family Swim 1 Lap Lane	2:30-4:30 Birthday Parties Pool Rentals
3:00-3:55 Family Swim 1 Lap Lane	3:00-4:55 Family Swim 1 Lap Lane	3:00-3:55 Family Swim 1 Lap Lane	3:00-4:10 Family Swim 1 Lap Lane			
4:00-5:30 Swim Lessons \$		4:00-5:30 Swim Lessons \$	4:15-5:00 Deep Water Jogging	3:00-8:30 Family Swim 1 Lap Lane	3:30-4:30 Birthday Parties Pool Rentals	
5:30-6:25 Family Swim 1 Lap Lane	5:00-5:45 Deep Water Jogging 1 Lap Lane 6:00-6:45 Hydro Spin 1 Lap Lane	5:30-6:25 Family Swim 1 Lap Lane	4:15-6:00 Swim Lessons \$		5:30-7:30 Kids Night	
6:30-7:25 Shallow Water Aerobics 1 Lap Lane	Water Shoes Required	6:30-7:25 Shallow Water Aerobics 1 Lap Lane	6:00-7:30 Lap Swim (1/2 pool from 6:30-7:30)			
7:30-9:00 Family Swim 1 Lap Lane	6:45-9:00 Family Swim 1 Lap Lane	7:30-9:00 Family Swim 1 Lap Lane	6:30-7:30 Adult Swim Training \$ (1/2 pool) 7:30-9:00 Family Swim 1 Lap Lane		8:00-10:00 Teen Night	

Notes:

- \$ = Paid program run in 8 week intervals. See front desk or affiliated aquatics staff for more details.
- Private swim lessons **may** be held in open lap lanes without prior notice on the schedule. Please be respectful to the instructors and students.
- Lap swim or family swim are **not** allowed during group swim lessons. This is for the safety of the children participating. The lifeguard(s) must have their full attention on the children. Thank you for your cooperation.
- Water shoes are **required** for Hydro Spin. If you are a new participant, please arrive 10-15 minutes early for assistance in adjusting the bike.
- "1 Lap Lane" signifies that a 2 lane wide area will be sectioned off from other activities. It can be extended or retracted based on pool traffic.

Extra Family/Lap Swim times not stated on schedule:

- Mon, April 16th - 3:00-6:25pm
- Tues, April 17th - 9:30am-12:00pm
- Wed, April 18th - 3:00-6:25pm
- Thurs, April 19th - 9:30am-12:00pm
- Sat, April 21st - 9:00am-12:00pm
