



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

August 15th - September 4th POOL SCHEDULE

ONEIDA

**YMCA Summer
Camp Ends
August 26th**

**Swim Team
Tryouts -
Aug 30th and
Sept 1st
6:00-8:00pm**

**Lap Swimming
Tips:**
Please enter the pool from the shallow end. 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.

Directions
If there are three swimmers in a lane and 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.

Shower
Please walk through the shower before entering the pool. And after

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:25 Lap Swim	5:30-6:30 Hydro Spin 2 Lap Lanes	5:30-8:25 Lap Swim	5:30-6:30 Hydro Spin 2 Lap Lanes	5:30-8:25 Lap Swim		CLOSED
	6:30-8:25 Lap Swim		6:30-8:25 Lap Swim			
8:30-9:25 Water Aerobics	8:30-9:25 Deep Water Jogging	8:30-9:25 Water Aerobics	8:30-9:25 Deep Water Jogging	8:30-9:25 Aqua Zumba ®	7:00-8:55 Lap Swim	
9:30-10:00 Open Swim	9:30-10:00 Open Swim	9:30-10:00 Open Swim	9:30-10:00 Open Swim	9:30-10:00 Open Swim	9:00-12:00 Aug 20th Open Swim 1 Lap Lane	
10:00-10:55 Pre/Post Surgery Therapy	10:00-11:00 Open Swim 1 Lap Lane	10:00-10:55 Pre/Post Surgery Therapy	10:00-10:55 Pool Rental (Aug 18th only) Open Swim 1 Lap Lane	10:00-10:55 Pre/Post Surgery Therapy	Aug 27th Hydro Spin Workshop (instructors only)	
11:00-12:00 Summer Camp until Aug 25th Open Swim starting Aug 26th	11:00-12:00 Summer Camp until Aug 25th Open Swim starting Aug 26th	11:00-12:00 Summer Camp until Aug 25th Open Swim starting Aug 26th	11:00-12:00 Summer Camp until Aug 25th Open Swim starting Aug 26th	11:00-12:00 Open Swim 1 Lap Lane	Sept 3rd Open Swim 1 Lap Lane	
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	12:00-12:45 Lap Swim	
1:25-2:10 Young at Heart 1 Lap Lane	1:00-2:10 Open Swim 1 Lap Lane	1:25-2:10 Young at Heart 1 Lap Lane	1:00-2:00 Hydro Spin 1 Lap Lane	1:25-2:10 Young at Heart 1 Lap Lane	12:45-1:30 Open 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	2:10-3:00 Lap Swim		
3:00-6:25 Open Swim 1 Lap Lane	3:00-4:55 Open Swim 1 Lap Lane	3:00-3:55 Open Swim 1 Lap Lane	3:00-6:00 Open Swim 1 Lap Lane	3:00-6:00 Open Swim 1 Lap Lane		
	5:00-5:45 Aqua Zumba ®	4:00-5:30 Swim Lessons				
6:30-7:30 Water Aerobics	6:00-6:45 Hydro Spin	5:30-6:25 Open Swim 1 Lap Lane	6:00-8:00 Lap Swim	6:00-7:30 Lap Swim		
	Swim Team Tryouts Aug 30th	6:30-7:30 Water Aerobics				
7:30-8:00 Open Swim 1 Lap Lane	7:00-8:00 Lap Swim	7:30-8:00 Open Swim 1 Lap Lane	Swim Team Tryouts Sept 1st			

