



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Jan 1st-21st POOL SCHEDULE

ONEIDA

Oneida YMCA Dolphins will be holding swim meets on Jan 6th and 20th from 12-5pm.
open/lap swim will be allowed during these times.

No

Note: Please be aware of our Swim Team meets in January and February. They will be noted in red bold text.

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	5:30-8:25 Lap Swim	5:30-7:25 Lap Swim 7:30-8:15 Hydro Spin Water Shoes Required 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 \$	
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 (closed Jan 6th+20th)	12:30-2:15 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	1:00-2:10 Family Swim 1 Lap Lane	1:25-2:10 Young at Heart 1 Lap Lane	1:30-3:15 Family Swim 1 Lap Lane (closed Jan 6th+20th)	2:30-4:30 Birthday Parties Pool Rentals
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		
3:00-3:55 Family Swim 1 Lap Lane	3:00-3:45 Family Swim 1 Lap Lane	3:00-3:55 Family Swim 1 Lap Lane	3:00-4:10 Family Swim 1 Lap Lane	3:00-5:55 Family Swim 1 Lap Lane	3:30-4:30 Birthday Parties Pool Rentals	
4:00-5:30 Swim Lessons \$	4:00-6:00 Oneida Indians Varsity Swim Jan 9th, 16th	4:00-5:30 Swim Lessons \$	4:15-5:00 Deep Water Jogging (closed Jan 18th for meet)			
5:30-6:25 Family Swim 1 Lap Lane	Family Swim Jan 23rd, 30th 6:00-6:45 Hydro Spin	5:30-6:25 Family Swim 1 Lap Lane	4:15-6:00 Swim Lessons \$ (closed Jan 18th for meet) 6:00-7:00 Lanes 1-2 Swim Team Lanes 3-6 Lap Swim	6:00-7:00 Lap Swim	5:30-7:30 Youth Night	
6:30-7:25 Shallow Water Aerobics (No Lap Swim)	Swim Team (No Lap Swim)	6:30-7:25 Shallow Water Aerobics (No Lap Swim)				
6:30-7:30 Swim Team Practice	7:00-9:00 Swim Team Practice	6:30-7:30 Adult Swim Training \$	7:00-9:00 Swim Team Practice	7:00-8:30 Family Swim 1 Lap Lane	8:00-10:00 Teen Night	
7:30-9:00 Swim Team Practice		7:30-9:00 Swim Team Practice				

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.

Extra Family Swim times not stated on schedule:

- See back half of December schedule for extra swim times. Swim lesson sessions will be ending on Dec 16th and will resume in January.