

# Lap Pool Schedule Rocky Run YMCA



6/15/2009-08/23/2009

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Times							
5:30-5:45	Lap (6)	Lap (6)	Lap (6)	Lap (6)	Lap (6)	//////////	//////////	5:30-5:45							
5:45-6:00						//////////	//////////	5:45-6:00							
6:00-6:15						//////////	//////////	6:00-6:15							
6:15-6:30						//////////	//////////	6:15-6:30							
6:30-6:45						//////////	//////////	6:30-6:45							
6:45-7:00						//////////	//////////	6:45-7:00							
7:00-7:15	Lap (2) Aqua Fit	Lap (3) Aqua Fit	Lap (2) Aqua Fit	Lap (3) Aqua Fit	Lap (2) Aqua Fit	//////////	//////////	7:00-7:15							
7:15-7:30						//////////	//////////	7:15-7:30							
7:30-7:45						//////////	//////////	7:30-7:45							
7:45-8:00						//////////	//////////	7:45-8:00							
8:00-8:15	Lap (2) Aqua Fit	Lap (6)	Lap (2) Aqua Fit	Lap (6)	Lap (2) Aqua Fit	//////////	//////////	8:00-8:15							
8:15-8:30						//////////	//////////	8:15-8:30							
8:30-8:45						//////////	//////////	8:30-8:45							
8:45-9:00						//////////	//////////	8:45-9:00							
9:00-9:15	Lap (2) Aqua Fit Lessons	Lap (2) Lessons Aqua Fit	Lap (2) Lessons Aqua Fit	Lap (2) Lessons Aqua Fit	Lap (2) Aqua Fit	//////////	//////////	9:00-9:15							
9:15-9:30						//////////	//////////	9:15-9:30							
9:30-9:45						//////////	//////////	9:30-9:45							
9:45-10:00						//////////	//////////	9:45-10:00							
10:00-10:15	Camp Lap (2) Lessons <b>NO REC</b>	Camp Lap (2) Lessons <b>NO REC</b>	Camp Lap (2) Lessons <b>NO REC</b>	Camp Lap (2) Lessons <b>NO REC</b>	Camp Lap (2) <b>NO REC</b>	Lap (4), Rec	Lap (6)	10:00-10:15							
10:15-10:30								10:15-10:30							
10:30-10:45								10:30-10:45							
10:45-11:00								10:45-11:00							
11:00-11:15								11:00-11:15							
11:15-11:30								11:15-11:30							
11:30-11:45								11:30-11:45							
11:45-12:00								11:45-12:00							
12:00-12:15								12:00-12:15							
12:15-12:30								12:15-12:30							
12:30-12:45								12:30-12:45							
12:45-1:00								12:45-1:00							
1:00-1:15								1:00-1:15							
1:15-1:30								1:15-1:30							
1:30-1:45	1:30-1:45														
1:45-2:00	1:45-2:00														
2:00-2:15	2:00-2:15														
2:15-2:30	2:15-2:30														
2:30-2:45	2:30-2:45														
2:45-3:00	2:45-3:00														
3:00-3:15	3:00-3:15														
3:15-3:30	3:15-3:30														
3:30-3:45	Lessons Lap (2) Rec	Lessons Lap (2) Rec	Lessons Lap (2) Rec	Lessons Lap (2) Rec	Lap (4) Rec	Lap (2) Family Rec	Lap (2) Family Rec	3:30-3:45							
3:45-4:00								3:45-4:00							
4:00-4:15								4:00-4:15							
4:15-4:30								4:15-4:30							
4:30-4:45								Lap (2), lessons	Lap (2), lessons	Lap (2), lessons	Lap (4) Rec	Lap (1) If no party Lap (4) Rec	Lap (1) If no party Lap (4) Rec	4:30-4:45	
4:45-5:00								Deep End Rec	Deep End Rec	Deep End Rec	Lap (4) Rec	Lap (1) If no party Lap (4) Rec	Lap (1) If no party Lap (4) Rec	4:45-5:00	
5:00-5:15								Lap (2) Lessons Rec	Lap (2) Lessons Rec	Lap (2) Lessons Rec	Lap (2) Lessons Rec	Lap (4) Rec	Lap (2) Family Rec	Lap (2) Family Rec	5:00-5:15
5:15-5:30															5:15-5:30
5:30-5:45															5:30-5:45
5:45-6:00															5:45-6:00
6:00-6:15															6:00-6:15
6:15-6:30															6:15-6:30
6:30-6:45								Lap (2) Lessons Aqua Fit, Rec	Lap (2) Lessons Aqua Fit, Rec	Lap (1) Lessons Rec Aqua Fit	Lap (1) Lessons Rec Aqua Fit	Lap (4) Rec	Lap (2) Family Rec	Lap (2) Family Rec	6:30-6:45
6:45-7:00															6:45-7:00
7:00-7:15	6:45-7:00														
7:15-7:30	7:00-7:15														
7:30-7:45	Lap (2) Lessons Rec	Lap (2) Lessons Aqua Fit, Rec	Lap (4) Rec	Lap (4) Rec	Lap (4) Rec	Lap (4) Rec	Lap (4) Rec	7:30-7:45							
7:45-8:00								7:45-8:00							
8:00-8:15								8:00-8:15							
8:15-8:30								8:15-8:30							
8:30-8:45	Lap (4) Rec	Lap (4) Rec	Lap (4) Rec	Lap (4) Rec	Lap (4) Rec	Lap (4) Rec	Lap (4) Rec	8:30-8:45							
8:45-9:00								8:45-9:00							
9:00-9:15								9:00-9:15							
9:15-9:30								9:15-9:30							
9:30-9:45	9:30-9:45														

Please contact Sarah Acuna at [sacuna@philaymca.org](mailto:sacuna@philaymca.org) if you have any questions

**Key:** Lap = Lap Swim; Rec = Recreational Swimming; Family = Family Swim with slide and inflatables, Party = Splash Party

The number following "lap" indicates the minimum number of lanes that will be available. The following times indicate when only 1 lane is available:

Tuesday and Thursday 6:50-7:50 PM Friday: 7-8 PM; Saturday: 1-2 PM, Sunday: 1-2 PM and 4-5 PM, If no pool party is scheduled additional lanes will be available

**RECREATION SWIMMERS: All children 12 and under must be swim tested and wear their swim bracelet.**

**\*\*Please note: this schedule is a base guideline and is subject to change. If enrollment is lower than expected in scheduled classes, additional lap space will be made available at the lifeguard's discretion.\*\***

Updated: 6/25/2009