

SLATE BELT

MARCH

| Monday | | |
|-------------------|---------------------|-----------|
| Time | Program | Lanes |
| 6:30 AM-1 PM | Lap Swim | L 1-4 |
| 6:30 AM - 8:15 AM | PWW | L 5-6 |
| 8:15 AM-10:00 AM | Open Swim | L 5-6 |
| 10:00AM-10:45AM | Swim Lesson | L 5-6 |
| 1-3 PM | POOL CLOSED | All Lanes |
| 3-4:45 PM | Open Swim | L 5-6 |
| 3-7:30 PM | Lap Swim | L 1-4 |
| 4:45-5:15 PM | Deep Water Aerobics | L 4-6 |
| 5:30-6:15 PM | Aquacise | L 4-6 |
| 6:15-7:30 PM | Open Swim | L 5-6 |

| Tuesday | | |
|--------------|-----------|-------|
| Time | Program | Lanes |
| 6:30-8:15 AM | Lap Swim | L 1-4 |
| 6:30-8:15 AM | PWW | L 5-6 |
| 8:15-10 AM | Lap Swim | L 1-3 |
| 8:15-9 AM | Aquacise | L 4-6 |
| 9:15-10 AM | Aquacise | L 4-6 |
| 9 AM-7:30 PM | Lap Swim | L 1-4 |
| 9 AM-7:30 PM | Open Swim | L 5-6 |

| Wednesday | | |
|---------------|---------------------|-----------|
| Time | Program | Lanes |
| 6:30-8:15 AM | Lap Swim | L 1-4 |
| 6:30-8:15 AM | PWW | L 5-6 |
| 8:15-9 AM | Lap Swim | L 1-3 |
| 8:15-9 AM | Aquacise | L 4-6 |
| 10 AM-4:45 PM | Lap Swim | L 1-3 |
| 10 AM-4:45PM | Open Swim | L 4-6 |
| 4:45-5:30 PM | Deep Water Aerobics | L 1-3 |
| 5:00-7:30 PM | Swim Lessons | All Lanes |

| Thursday | | |
|---------------|--------------|----------|
| Time | Program | Lanes |
| 6:30 AM-12 PM | Lap Swim | L 1-3 |
| 6:30-10 AM | PWW | L 4-6 |
| 10 AM-12 PM | Open Swim | L 5-6 |
| 12-5:45 PM | Lap Swim | L 1-4 |
| 12-5:45 PM | Open Swim | L 5-6 |
| 5:45-7 PM | Lap Swim | L 2-4 |
| 5-7:30 PM | Swim Lessons | L 1, 5-6 |

| Friday | | |
|-------------------|---------------|-------|
| Time | Program | Lanes |
| 6:30-10:30 AM | Lap Swim | L 1-4 |
| 6:30-10:30 AM | PWW | L 5-6 |
| 10:30 AM-11:15 AM | AOA Aqua Size | L 4-6 |
| 11:15 AM-7:30PM | Lap Swim | L 1-4 |
| 11:15 AM-7:30PM | Open Swim | L 5-6 |

| Saturday | | |
|---------------|--------------------|-------|
| Time | Program | Lanes |
| 9-10 AM | Lap Swim | L 3-4 |
| 9-10 AM | PWW | L 5-6 |
| 9-9:45 AM | Aqua Step 15,22,29 | L 4-6 |
| 10 AM-3:30 PM | Lap Swim | L 3-4 |
| 9 AM-3:30 PM | Lifeguard Training | L 1-2 |
| 10 AM-3:30PM | Family Swim | L 5-6 |

| Sunday | | |
|-------------------|-----------------|-------|
| Time | Program | Lanes |
| 10:30-11:30 AM | Lap Swim | L 1-4 |
| 10:30-11:30 AM | Open Swim | L 5-6 |
| 11:30 AM-12:15 PM | Lap Swim | L 1-3 |
| 11:30 AM-12:15 PM | Aqua Step 2, 30 | L 4-6 |
| 12:15 PM-1:30 PM | Lap Swim | L 1-4 |
| 12:15 PM-1:30 PM | Family Swim | L 5-6 |

| Key |
|--|
| Lap Swim: Generally reserved for swimmers 12+ using the lane productively |
| Personal Water Workout (PWW): Independent water walking, jogging, or aqua fitness |
| OPEN SWIM: Lanes are available for all types of swimmers including lap swimmers, aqua jogging, and families. During open swim, please share lanes with swimmers doing similar activities. |
| Family Swim: Lap lanes are removed aside from safety lines. Open space is available for swimmers of all ages to swim recreationally. |

| ONE TIME CLOSURES | | |
|-------------------------|---------------|-----------|
| Date | Time | Lanes |
| March 25 - LG Training | 6-8 PM | All Lanes |
| March 28-30 LG Training | 10 AM-6:30 PM | Lane 1-2 |

Pool will be closed to members during the above times due to scheduled pool events.

Children 12 and younger must participate in a swimming skills assessment and will be provided a colored wristband based on their swimming ability. Once tested, each time a child comes into the Y for open or family swim they will need to acquire their color-appropriate wristband from the Welcome Center when checking in. For additional information, please review our [Test, Mark, Protect Parent Guidelines](#).

IMPORTANT NOTE: While we try to adhere to this schedule, it may change due to unexpected circumstances. If programs are not running, such as swim team or private lessons, those lanes will be available for lap swim.

