Robert Lee YMCA Aquatics Schedule

Monday		Tuesday Wednesday		Thursday			rida	ay						
Full Lane Swim 6am-9:15am		Full Lane Swim 6am-9:15am		Full Lane Swim 6am-9:45am		Full Lane Swim 6am-9:15am				Saturday Full Lane Swim 7am-9am		Sunday Full Lane Swim 7am-9am		
Partial Lane 9:15am-12:15pm	Aquafit 9:15am-10am Swim Lessons 10:15am-12:15pm	Partial Lane 9:15am-12:15pm Full Land 10am-		Partial Lane 9:45am-12:15pm Swim Lessons 10:15am-12:15pm Full Lane Swim 6am-12pm Aquafit 9:15am-10:30am Partial Lane 9:45am-10:30am Full Lane Swim 10am-1pm			Partial Lane 9am-12:30pm	Partial Lane 9am-10am Open Swim 10am- 12:30pm	Swim Lessons 9am-12:30pm	Partial Lane 9am-12-45pm	Aquafit 9:15am-10am Open Swim 10am- 12:45pm	Swim Lessons 9am-12:45pm		
Full Lane Swim 12:15pm-4:30pm		Partial Lane 1pm-2pm Full Lane 2pm-4:				Partial Lane 1pm-2pm Full Lan 2pm-		12pm-12:45pm 12pm-12:45pn wim Lessons 1pm-2pm Full Lane Swim 12:45pm-4pm		wim				
Partial Lane 4:30pm-7:30pm	Swim Lessons 4:30pm-7:30pm	Partial Lane 4:30pm-7:30pm	Swim Lessons 4:30pm-7:30pm	Partial Lane 4:30pm-7:30pm	Swim Lessons 4:30pm-7:30pm	Partial Lane 4pm-7:30pm	Swim Lessons 4pm-7:30pm	Partial Lane 4pm-7:30pm			Full Lane Swim 12:30pm-7pm		Full Lane Swim 12:45pm-7pm	
Full Lane Swim 7:30pm-9pm		Full Lane Swim 7:30pm-9pm		Full Lane Swim 7:30pm-9pm		Full Lane Swim 7:30pm-9pm		Full Lane Swim 7:30pm-9pm		Online Schedules Page				2

Please check backside for lane etiquette and swim lesson days. This schedule is subject to change without notice.



Robert Lee YMCA Aquatics Directory

Lane Swim Ettiqute	Swim to the right side of the lane.	When resting, please keep to the corner to allow other swimmers to use the wall.	Faster swimmers must pass to the left.	Choose the appropriate lane for your pace.	When entering the lane, give other swimmers the right of way.				
Full Lane Swim	During these times, the pool is configured for lane swim only.								
Partial Lane Swim	During these times, the pool is configured to have one to three lanes for lane swim only. Additional activites may occur in other areas of the pool.								
Open Swim	During this time, a section of the pool will be open for any type of swimming or aquatic activity. Children of any age are welcome into the pool at this time. A section of the pool will be open for families with children 5 years of age and younger.								
Aquafit	This water exercise c	e class is for those looking for a light, low impact and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility and balance. All levels welcome.							

Lifeguard/Swim Instructor Training Days								