



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EMERY POOL SCHEDULE

Fall II: October 29-December 15, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-8:00am LAP SWIM (6 lanes)	5:30-6:15am <b>AQUA COMBO</b>  LAP SWIM (2 lanes)	5:30-8:00am LAP SWIM (6 lanes)	5:30-6:15am <b>AQUA COMBO</b>  LAP SWIM (2 lanes)	5:30-8:00am LAP SWIM (6 lanes)		
	6:15-8:00am LAP SWIM (6 lanes)		6:15-8:00am LAP SWIM (6 lanes)		7:00-9:45am LAP SWIM (6 lanes)	
8:00-8:45am <b>AQUA COMBO</b>  LAP SWIM (1 lane)	8:00-8:45am <b>DEEP H2O AEROBICS</b>  LAP SWIM (1 lane)	8:00-8:45am <b>AQUA COMBO</b>  LAP SWIM (1 lane)	8:00-8:45am <b>DEEP H2O AEROBICS</b>  LAP SWIM (1 lane)	8:00-8:45am <b>AQUA COMBO</b>  LAP SWIM (1 lane)	9:45-11:15 <b>SWIM LESSONS</b>  LAP SWIM (5 lanes)	
9:00-1:30pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)	9:00-3:30am LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)	9:00-1:00pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)	9:00-3:30pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)	9:00-10:15am <b>CLOSED</b> SPECIAL EDUCATION SWIM	11:15-4:00pm LAP SWIM (3 lanes)  OPEN SWIM (3 lanes)	
		1:00-2:00pm <b>SOUTHPORT LESSONS</b> (5 lanes)  LAP SWIM (1 lane)		10:15-1:30pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)		1:00-4:00pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)
1:30-2:15pm <b>SECOND GRADE SWIM</b> (2 lanes)  LAP SWIM (4 lanes)		2:00-3:30pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)		1:30-2:15pm <b>SECOND GRADE SWIM</b> (2 lanes)  LAP SWIM (4 lanes)		
2:15-3:30pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)				2:15-3:30pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)		
3:30-5:15pm <b>DOLPHIN SWIM TEAM</b> (4 lanes)	3:30-5:15pm <b>DOLPHIN SWIM TEAM</b> (4 lanes)  3:30-4:15pm <b>SWIM LESSONS</b> (1 lane)	3:30-5:15pm <b>DOLPHIN SWIM TEAM</b> (4 lanes)  3:30-4:15pm <b>SWIM LESSONS</b> (1 lane)	3:30-5:15pm <b>DOLPHIN SWIM TEAM</b> (4 lanes)	3:30-5:15pm <b>DOLPHIN SWIM TEAM</b> (4 lanes)		
	5:15-7:00pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)		5:15-7:00pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)			
4:45-5:30pm <b>AQUA ZUMBA</b> LAP SWIM (2 lanes)		4:45-5:30pm <b>AQUA ZUMBA</b> LAP SWIM (2 lanes)		4:45-5:30pm <b>AQUA ZUMBA</b> LAP SWIM (2 lanes)		
5:30-7:00pm <b>SWIM TEAM</b> (6 lanes)	5:30-7:00pm <b>SWIM TEAM</b> (6 lanes)	5:30-7:00pm <b>SWIM TEAM</b> (6 lanes)	5:30-7:00pm <b>SWIM TEAM</b> (6 lanes)	5:30-7:00pm <b>SWIM TEAM</b> (6 lanes)	<b>**High School Swim Team beings Monday, November 19</b>	



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# THERAPY POOL SCHEDULE

Fall II: October 29–December 15, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00–9:00am OPEN THERAPEUTIC (ADULTS ONLY)	7:00–9:00am OPEN THERAPEUTIC (ADULTS ONLY)	7:00–9:00am OPEN THERAPEUTIC (ADULTS ONLY)	7:00–9:00am OPEN THERAPEUTIC (ADULTS ONLY)	7:00–9:00am OPEN THERAPEUTIC (ADULTS ONLY)	7:00–8:30am OPEN THERAPEUTIC (ADULTS ONLY)	
9:00–9:30am <b>STRETCH &amp; BALANCE</b>	9:00–9:30am OPEN SWIM	9:00–9:30am <b>STRETCH &amp; BALANCE</b>	9:00–10:00am OPEN SWIM	9:00–9:30am <b>STRETCH &amp; BALANCE</b>	8:30–9:30am <b>SWIM LESSONS</b>	
9:30–7:00pm OPEN SWIM	9:30–10:00am <b>SWIM LESSONS</b>	9:30–1:00pm OPEN SWIM		9:30–10:45am OPEN SWIM	9:30–4:00pm OPEN SWIM	
	10:00–1:00pm OPEN SWIM		10:00–10:45am <b>CLOSED</b> MONTESSORI SWIM LESSONS	10:00–10:45am <b>CLOSED</b> MONTESSORI SWIM LESSONS		
		1:00–2:00pm <b>CLOSED</b> SOUTHPORT SWIM LESSONS	10:45–1:00pm OPEN SWIM	10:45–3:00pm OPEN SWIM		1:00 – 4:00pm OPEN SWIM
	1:00–3:00 <b>CLOSED</b> LincolnHealth Therapy		1:00–3:00 <b>CLOSED</b> LincolnHealth Therapy			
	3:00–4:15pm OPEN SWIM	2:00–4:15pm OPEN SWIM	3:00–7:00pm OPEN SWIM	3:00–4:00pm <b>YMCA FIT KIDZ</b>		
	4:15–4:45pm <b>SWIM LESSONS</b>	4:15–4:45pm <b>SWIM LESSONS</b>				
	4:45–7:00pm OPEN SWIM	4:45–7:00pm OPEN SWIM		4:00–7:00pm OPEN SWIM		

## POOL SCHEDULES ARE SUBJECT TO CHANGE

**Sauna:** The sauna is open the hours that the Emery Pool is open. Must be 16+ years old to use the sauna.

- Children ages 6/10 years must be accompanied by an adult at all times in the pool area
- Children under 6 years as well as non-swimmers must be accompanied by an adult in the water at all times.
- Swim tests are given to anyone under the age of 18 years.
- All non-swimmers or children opting not to take a swim test must wear a US Coast Guard approved lifejacket in deep water.

