

LARGE POOL CLOSED
 at 5:00 PM on Friday, 7/9; 7/16; 7/23 and
 Saturday, 7/24 from 7 am to 3:00 pm
 for swim meets.

GO BARRACUDAS!



**Sunday Facility Hours for
 July and August are
 8:00 am to 1:00 pm**

LARGE POOL SCHEDULE July 5 - July 24, 2010

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM	8:00 - 10:00 am 6 lanes 11:00 - 12:30 3 lanes	5:15-7:00 am 6 lanes 7:00-9:00 am 4 lanes 9:00-10:00 1 lane 12:00 to 3:00pm 6 lanes 3:00 to 4:00 4 lanes 4:00 to 6:15 pm 3 lanes 6:15 to 7:00 pm 2 lanes 8:30 to 9:00 3 lanes	5:15-8:00 am 6 lanes 8:00 - 9:00 am 4 lanes 9:00 - 10:00 am 2 lanes 12:00-1:30 pm 6 lanes 1:30-3:00 pm 5 lanes 3:00-4:00 pm 3 lanes 4:00 - 5:00 1lane 5:00-6:00 pm 2 lanes <i>NO LAP SWIM AFTER 6:00 PM</i>	5:15-7:00 am 6 lanes 7:00-9:00 am 4 lanes 9:00 - 10:00 am 1 lanes 12:00-3:00 pm 6 lanes 3:00-4:00 pm 4 lanes 4:00-6:30 pm 3 lanes 6:30 - 7:00 pm 2 lanes 8:30 - 9:00 pm 3 lanes	5:15 - 8:00 am 6 lanes 8:00 - 9:00 am 4 lanes 9:00 - 10:00 am 2 lanes 12:00 - 1:30 pm 6 lanes 1:30 - 3:00 pm 5 lanes 3:00-4:00 pm 3 lanes 5:00-6:30 pm 2 lanes <i>NO LAP SWIM AFTER 6:30 PM</i>	5:15-7:00 am 6 lanes 7:00-9:00 am 4 lanes 9:00 - 10:00 am 3 lanes 10:00 am-2:00 pm 6 lanes 2:30-3:00 pm 6 lanes 3:00-5:00 pm 4 lanes <i>NO LAP SWIM AFTER 5 PM</i>	7:00 am-3:00 pm 6 lanes 3:15-5:00 pm 3 lanes
OPEN SWIM	11:00 - 12:30 3 lanes	4:00 to 5:00 2 lanes 8:30 to 9:00 3 lanes	3:00-4:00 pm 3 lanes	4:00 - 5:00 pm 2 lanes 8:30 - 9:00 pm 3 lanes	3:00-4:00 pm 3 lanes	4:00 - 5:00 pm 2 lanes	3:15-5:00 pm 3 lanes
SWIM TEAM	OFF	7:00-9:00 am 2 lanes 5:30-6:30 pm 3 lanes 6:30-7:00 pm 4 lanes 7:00-8:30 pm 6 lanes	8:00 to 10:00 am 2 lanes 4:00 to 7:00 pm 3 lanes	7:00 to 9:00 am 2 lanes 5:30-6:30 pm 3 lanes 6:30 - 7:00 pm 4 lanes 7:00 - 8:30 pm 6 lanes	8:00 - 10:00 am 2 lanes 4:00 - 6:00 pm 4 lanes 6:00 - 7:00 pm 3 lanes	5:00 pm-Close	OFF

Lap Swim- Designated lanes for swimming from end wall to end wall. *Swimmers 15 and younger must be approved by lifeguard on duty.
 Open Swim - Recreational swimming (no lap swim). *No balls, toys or equipment (other than noodles) allowed.*

SMALL POOL SCHEDULE July 5 - July 24, 2010

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise	8:00-9:00 am 11:00 - 12:00 am	7:00-7:50 am 12:00-12:45 pm	7:00-8:30 am 12:00-1:00 pm	7:00-7:50 am 12:00-12:45 pm	7:00-8:30 am 12:00-1:00 pm	7:00-7:50 am 12:00-12:45 pm	8:00 - 9:00 am 11:00 am-12:00 pm
LAP SWIM	12:00 -12:30 pm	12:45-1:15 pm	1:00-1:30 pm	12:45-1:15 pm	1:00-1:30 pm	12:45-1:15 pm 2:00 - 2:30 pm	12:00 - 1:00 pm
OPEN SWIM	9:00-11:00 am	6:00-8:00 pm	7:15-8:00 pm	7:30 - 8:00 pm	7:15-8:00 pm	5:30-8:00 pm	9:00 - 10:00 am *1:00 - 2:00 pm 2:00 - 3:00 pm *3:30 - 4:30 pm 4:30 - 5:00 pm * <i>Only if there's a birthday party*</i>

Exercise - All lanes shared for exercising, walking and swimming *Lap Swim* - All lanes for lap swimming and walking/exercising from end wall to end wall *Open Swim* - Recreational swimming (no lap swim). *No balls, toys or equipment (other than noodles) allowed.* *schedule subject to change based on swim lesson enrollment and special events

Thank you for choosing the Northern Middlesex YMCA

