



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE FEBRUARY 1ST – 18TH

MAIN POOL – CASCO BAY YMCA

WINTER II 2012

Schedule Begins
Wednesday, Feb. 1st and
is subject to change any
time.

**SHOWERS ARE
MANDATORY BEFORE
ENTERING THE POOL,
NO EXCEPTIONS!**

IMPORTANT DATES:

NO lap lanes Mon-Fri
from 3-4PM, and 7:30-
8:30 5 lanes will be
occupied.

Feb. 14th – ‘Swim for
your Heart’ Event- ALL
DAY – programs will run
as normal, please see
flyer for details.

Feb. 11, 18 & 19 –
9-10AM, 2 Lane Pool
Rental- Fal. HS Team
Feb. 11 & 25 – 1-3PM,
2 Lane Kayak Rental
Feb. 19-25 (Break
Week) there will be an
updated schedule out
for that week.

Feb. 26th – 7AM-Noon
Masters Meet, both
pools closed (Aqua-
Zumba cancelled)

Lap Swim Etiquette

If there are 1 or 2
swimmers in a lane, they
may elect to split the
lane in half. The entrance
of a third person
immediately changes the
lane to “circle” swimming
format. (Counter clock-
wise)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:00 *Lap Swim (5-6 lanes) 7:00-7:30 *Tri Class	5:30-7:30 *Lap Swim (6-8 Lanes)	5:30-8:00 *Lap Swim (6-8 Lanes)	5:30-7:30 *Lap Swim (6-8 Lanes)	5:30-8:00 *Lap Swim (6-8 Lanes)	5:30-8:00 *Lap Swim (5-6 lanes) 7:00-7:30 *Tri Class		
8:00-8:45 *Aquasize (Linda) 8:00-9:00 Lap Swim (5-6 Lanes)	7:30-9:00 *Open Swim *Lap Swim (4-6 Lanes)	8:00-8:45 *Aquasize (Carolyn) 8:00-9:00 *Lap Swim (5-6 Lanes)	7:30-9:00 *Open Swim *Lap Swim (4-6 Lanes)	8:00-8:45 *Aquasize (Linda) 8:00-9:00 *Lap Swim (4-5 Lanes)	7:00-9:00 *Lap Swim (4-6 Lanes) *Masters Swim	9:00-11:00 *Lap Swim (4-5 Lanes) 9:30-10:15 *Aqua-Zumba (3-4 Lanes)	
9:00-9:45 *Aquasize (Linda) Lap Swim (4-6 Lanes)	9:00-9:45 *Aquasize (Carolyn) *Lap Swim (4-6 Lanes)	9:00-9:45 *Aquasize (Linda) *Lap Swim (3-4 Lanes)	9:00-9:45 *Aquasize (Carolyn) *Lap Swim (4-6 Lanes)	9:00-9:45 *Aquasize (Linda) *Lap Swim (4-6 Lanes)	9:00-9:45 *Aquasize (Linda) *Lap (4 Lanes) *Rental (1 Lane)	8:30-11:30 *Lessons 9:00-11:30 *Lap Swim (5-7 Lanes)	11:00-2:00 *Open Swim *Lap Swim (4-6 Lanes)
10:00-2:00 *Lap/Open Swim (6-8 Lanes)	10:00-2:00 *Lap/Open Swim (5-6 Lanes) 11:00-11:30 *Tri Class 11:00-12:00 *French School	10:00-2:00 *Lap/Open Swim (5-8 Lanes) 11:00-12:00 *Stroke Dev.	10:00-2:00 *Lap/Open Swim (5-6 Lanes) 11:00-11:30 *Tri Class 11:00-12:00 *French School 1-2pm *Pownal	10:00-2:00 *Lap/Open Swim (6-8 Lanes) *Open Swim	11:30-6:30 *Lap Swim (4-6 Lanes) 11:30-1:00 *Open Swim		
2:00-3:00 *Open Swim *Lap Swim (6 lanes) 3:00-4:00 *HS Swim Team	2:00-3:00 *Open Swim *Lap Swim (6 lanes) 3:00-4:00 *HS Swim Team	2:00-3:00 *Open Swim *Lap Swim (6 lanes) 3:00-4:00 *HS Swim Team	2:00-3:00 *Open Swim *Lap Swim (6 lanes) 3:00-4:00 *HS Swim Team	2:00-3:00 *Open Swim *Lap Swim (6 lanes) 3:00-4:00 *HS Swim Team	2:00-3:00 *Open Swim *Lap Swim (6 lanes) 3:00-4:00 *HS Swim Team	1:00-2:00 *Splash Party 2:00-6:30 *Open Swim *Lap Swim (4-6 Lanes)	2:00-3:00 *Splash Party *Lap Swim (6 Lanes)
4:00-4:45 *Developmental Team 4:00-6:00 *Swim Lessons *Lap Swim (1-2 Lanes) 4:00-7:30 *Swim Team	4:00-6:00 *Swim Lessons *Lap Swim (1-2 Lanes) 4:00-7:30 *Swim Team 5:00-6:00 *Liquid Toning (Diane)	4:00-4:45 *Developmental Team 4:00-6:00 *Swim Lessons *Lap Swim (1-2 Lanes) 4:00-7:30 *Swim Team	4:00-6:00 *Swim Lessons *Lap Swim (1-2 Lanes) 4:00-7:30 *Swim Team 5:00-6:00 *Liquid Toning (Diane)	4:00-6:00 *Lap Swim (3 Lanes) 4:00-7:30 *Swim Team (5 Lanes)			3:00-4:30 *Lap Swim (4-6 Lanes) Open Swim
6:00-7:30 *Lap Swim (3 Lanes) 7:30-8:30 *Lap Swim (3 Lanes) *HS Swim Team	6:00-7:30 *Lap Swim (3 Lanes) 7:30-8:30 *Lap Swim (3 Lanes) *HS Swim Team	6:00-7:30 *Lap Swim (3 Lanes) 7:30-8:30 *Lap Swim (3 Lanes) *HS Swim Team	6:00-7:30 *Lap Swim (3 Lanes) 7:30-8:30 *Lap Swim (3 Lanes) *HS Swim Team	6:00-7:30 *Lap Swim (3 Lanes) 7:30-8:30 *Lap Swim (3 Lanes) *HS Swim Team	6:00-7:30 *Lap Swim (3 Lanes) 7:30-8:30 *Lap Swim (3 Lanes) *HS Swim Team		

**CASCO BAY BRANCH
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FOR YOUTH DEVELOPMENT
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POOL SCHEDULE FEBRUARY 1ST – 18TH

SMALL POOL – CASCO BAY YMCA

WINTER II 2012

Schedule Begins Wednesday, Feb. 1st and is subject to change any time. Please check our website for updated schedules. Multiple activities are often scheduled in the pool at a time.

SHOWERS ARE MANDATORY BEFORE ENTERING POOL, NO EXCEPTIONS!

IMPORTANT DATES:

Feb. 10th - 7PM
Small Pool closed for Kids Night out
Feb. 14th - 'Swim for your Heart' Event – ALL DAY – programs will run as normal, see posters for details.
Feb. 26th – 7AM-Noon, Masters Meet, both pools closed

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30-8:00 *Adult Swim	6:30-7:45 *Adult Swim	6:30-8:00 *Adult Swim	6:30-7:45 *Adult Swim	6:30-8:00 *Adult Swim	7:00-8:00 *Adult Swim	
	8:00-9:00 *Arthritis (Katie)	7:45-8:30 *Arthritis 8:30-9:00 *Six Pack Abs (Katie)	8:00-9:00 *Arthritis (Katie)	7:45-8:30 *Arthritis 8:30-9:00 *Six Pack Abs (Katie)	8:00-9:00 *Water Tai Chi (Karen)	8:00-8:30 *Family Swim	
	9:00-10:00 *Swim Lessons/Pre-School	9:00-10:00 *Swim Lessons	9:00-10:00 *Swim Lessons	9:00-10:00 *Swim Lessons/Pre-School	9:00-10:00 *Arthritis (Carolyn)	8:30-11:30 *Swim Lessons	9:00-11:00 *Open Swim
	10:00-11:00 *Arthritis (Katie)	10:00-10:45 *Arthritis (Katie)	10:00-11:00 *Arthritis (Katie)	10:00-10:45 *Arthritis (Katie)	10:00-12:00 *RSU 5	11:30-4:00 *Open Swim	11:00-12:00 *Splash Party
	11:00-12:00 *Water Tai Chi (Karen) 12:00-1:00 *Open Swim 1:00-2:00 *Lessons 2:00-4:00 *Open Swim	10:50-12:00 *French School 12:00-12:30 *Preschool Play 12:30-4:00 *Open Swim	11:00-11:45 *Preschool Play 11:45-4:00 *Open Swim	10:50-11:45 *French School 11:45-1:00 *Open Swim 1:00-2:00 *Pownal 2:00-4:00 *Open Swim	12:00-4:00 *Open Swim	4:00-5:00 *Splash Party	12:00-4:00 *Open Swim
	4:00-6:00 *Swim Lessons	4:00-6:00 *Swim Lessons	4:00-6:00 *Swim Lessons	4:00-6:00 *Swim Lessons	4:00-5:00 *Swim Team 5:00-7:30 *Open Swim	5:00-6:00 *Open Swim	
	6:00-7:30 *Open Swim	6:00-7:30 *Open Swim	6:00-7:30 *Open Swim	6:00-7:30 *Open Swim			

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