

Riverdale YM-YWHA Pool Schedule

Summer 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am – 8am LAP SWIM ONLY 4 lanes	5:30am – 8am LAP SWIM ONLY 4 lanes NO OPEN LANE	5:30am – 8am LAP SWIM ONLY 4 lanes NO OPEN LANE	5:30am – 8am LAP SWIM ONLY 4 lanes NO OPEN LANE	5:30am – 8am LAP SWIM ONLY 4 lanes NO OPEN LANE	5:30am – 8am LAP SWIM ONLY 4 lanes NO OPEN LANE
8am – 9am 2 Lap lanes 2 Open lanes	8am – 9:20am 2 Lap lanes 2 Open lanes	8am – 9:20am 2 Lap lanes 2 Open lanes	8am – 9:20am 2 Lap lanes 2 Open lanes	8am – 9:20am 2 Lap lanes 2 Open lanes	8am – 9:20am 2 Lap lanes 2 Open lanes
9am – 11am 1 lane Lap 1 lane Open 2 lanes Swim Academy	9:30am - 10:15am 1 Lap lane 1 Open lane Shallow 2 lanes Camp	9:30am - 10:40am 1 Lap lane 1 Open lane Shallow 2 lanes Camp	9:30am - 10:15am 1 Lap lane 1 Open lane Shallow 2 lanes Camp	9:30am - 12pm 1 Lap lane 1 Open lane Shallow 2 lanes Camp	9:30am - 12pm 1 Lap lane 1 Open lane Shallow 2 lanes Camp
11am – 1:30pm Swim Academy ONLY 4 lanes NO LAP/OPEN LANE	10:15am – 11:30am SENIOR CENTER 2 lanes Water Exercise Shallow 2 lanes Camp NO LAP LANE	10:45am – 11:45am Aqua ZUMBA 2 lanes Water Exercise Shallow 2 lanes Camp NO LAP LANE	10:15am – 11:30am SENIOR CENTER 2 lanes Water Exercise Shallow 2 lanes Camp NO LAP LANE	12pm – 1pm Aqua ZUMBA 1 Lap lane	12pm – 2pm 2 Lap lanes 2 Open lanes
1:30pm – 2:30pm 1 lane Lap 1 lane open 2 lanes Swim Academy	11:30am – 12pm 1 Lap lane 1 Open lane Shallow End 2 lanes Camp	12pm - 1pm 2 lane Lap 2 lanes Open	11:30am – 12pm 1 Lap lane 1 Open lane Shallow 2 lanes Camp	1pm – 2pm WOMEN ONLY* 2 Lap lanes 2 Open lanes	2pm – 3pm Summer Stage Camp NO LAP/OPEN LANE
2:30pm – 5pm 2 Lap lanes 2 Open lanes	12pm - 2pm 2 Lap lanes 2 Open lanes	1pm – 2pm WOMEN ONLY* 2 Lap lanes 2 Open lanes	12pm - 2pm 2 Lap lanes 2 Open lanes	2pm – 3pm Summer Stage Camp NO LAP/OPEN LANE	3pm - 6:15pm 2 Lap lanes 2 Open lanes
5pm – 6pm WOMEN ONLY* 2 Lap lanes 2 Open lanes	2pm – 3pm Summer Stage Camp NO LAP/OPEN LANE	2pm – 3pm Summer Stage Camp NO LAP/OPEN LANE	2pm – 3pm Summer Stage Camp NO LAP/OPEN LANE	3pm – 5pm 2 Lap lanes 2 Open lanes	

Director of Aquatics: Felicha Bennett

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6pm – 7pm MEN ONLY* 2 Lap lanes 2 Open lanes	3pm – 3:30pm 2 Lap lanes 2 Open lanes	3pm – 5pm 2 Lap lanes 2 Open lanes	3pm – 3:30pm 2 Lap lanes 2 Open lanes	5pm – 7pm 1 lane Lap 1 lane Open 2 lanes Jr Stroke Clinic	
7pm – 7:45pm 2 Lap lanes 2 Open lanes	3:30pm - 4pm 1 lane Lap 1 lane Open 2 lanes Swim Academy	5pm – 7pm 1 Lap lane 1 Open lane 2 lanes Jr Stroke clinic	3:30pm - 4pm 1 Lap lane 1 Open lane 2 lanes Swim Academy	7pm – 8:30pm 1 Lap lane 1 Open lane 2 lanes Stroke Clinic	
	4pm - 5pm 2 Lap lanes 2 Open lanes	7pm – 8:30pm 1 Lap lane 1 Open lane 2 lanes Stroke Clinic	4pm - 5pm 2 Lap lanes 2 Open lanes	8:30pm – 9:45pm MEN ONLY* 2 Lap lanes 2 Open lanes	
	5pm - 5:45pm 1 Lap lane 3 lanes Swim Academy	8:30pm – 9:45pm 3 Lap lanes 1 Open lane	5pm - 5:45pm 1 Lap lane 3 lanes Swim Academy		
	5:45pm - 7pm 2 Lap lanes 2 Open lanes		6pm – 7pm 1 Lap lane 1 Open lane 2 lanes Jr Stroke Clinic		
	7pm – 8pm WOMEN ONLY 2 Lap lanes 2 Open lanes		7pm – 8:30pm 2 Lap lanes 2 Open lanes		
	8pm – 9:45pm 3 Lap lanes 1 Open lane		8:30pm – 9:45pm 3 Lap lanes 1 Open lane		

Swim Cap must be worn at all times by all swimmers.

Schedule is subject to change without prior notification. Schedule updates are posted on website www.riverdaley.org

Please follow lifeguard instructions on any changes to schedule.

***WOMEN ONLY Swim (Female swimmers only allowed in pool area. Boys under the age 6yr old may enter pool with female adult.)**

***MEN ONLY Swim (Male swimmers only in the pool area. Girls under the age 6yr old may enter pool with female adult.)**

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