



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULES: JULY 31 – September 30 , 2017

## YMCA OF DEKALB COUNTY FAMILY POOL

| NOTES  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   | Sunday   |
|--|--|--|--|--|---|--|--|
| <b>Water Fitness:</b><br>Please see<br>Fitness class<br>schedule and<br>descriptions.<br><br>The Sauna is<br>OPEN during<br>normal<br>facility<br>hours.   | 7:30am-<br>9:00am<br>AquaFitness<br><br>10:00am-<br>3:00pm<br>Family Swim<br><br>3:30pm-<br>4:30pm<br>SACC<br><br>5:00pm-<br>8:00pm<br>Family Swim | 10:30am-<br>11:30am<br>AquaFitness<br><br>11:30am-<br>3:00pm<br>Family Swim<br><br>3:30pm-<br>4:30pm<br>SACC<br><br>5:00pm-<br>8:00pm<br>Family Swim               | 7:30am-<br>9:00am<br>Aqua Fitness<br><br>10:00am-<br>3:00pm<br>Family Swim<br><br>3:30pm-<br>4:30pm<br>SACC<br><br>5:00pm-<br>8:15pm<br>Swim Lessons | 10:30am-<br>11:30am<br>Aqua Fitness<br><br>11:30am-<br>3:00pm<br>Family Swim<br><br>3:30pm-<br>4:30pm<br>SACC<br><br>5:00pm<br>8:00pm<br>Family Swim               | 7:30am-<br>9:00am<br>AquaFitness<br><br>10:30am-<br>11:30am<br>AquaFitness<br><br>11:30am-<br>3:00pm<br>Family Swim<br><br>3:30pm<br>4:30pm<br>SACC<br><br>5:00pm-<br>8:00pm<br>Family Swim | 8:00am-<br>12:00pm<br>Swim Lessons<br><br>1:00pm-<br>4:00pm<br>Family Swim<br><br>5:00pm-<br>8:00pm<br>Family Swim | 3:00pm-<br>7:00pm<br>Family Swim               |
| <b>The Splash<br/>Pad and<br/>playground<br/>are OPEN!</b><br>Please see<br>the splash<br>pad schedule<br>for details.<br><br>The Splash Pad<br>will CLOSE for the<br>season on<br>September 5th<br><br>* 7:00am-7:15am<br>there will be a<br>mandatory<br>lifeguard break | <h2>YMCA OF DEKALB COUNTY LAP POOL</h2>  |  |  |  |   |  | 1:00pm-<br>3:00pm<br>2 Lane Swim/<br>Open Swim |
|  | 5:15am*<br>-9:30am<br>Lane swim<br><br>11:30am-<br>1:00pm<br>Lane Swim<br><br>5:00pm-<br>7:00pm<br>Lane Swim                                       | 5:15am*<br>-9:00am<br>Lane swim<br><br>11:30am-<br>1:00pm<br>Lane Swim<br><br>5:00pm-<br>7:15pm<br>Lane Swim<br><br>7:15pm-<br>8:00pm<br>Aquafitness<br>2Lane Swim | 5:15am*<br>-9:30am<br>Lane swim<br><br>11:30am-<br>1:00pm<br>Lane Swim<br><br>5:00pm-<br>8:00pm<br>2 Lane Swim/<br>Open Swim                         | 5:15am*<br>-9:00am<br>Lane swim<br><br>11:30am-<br>1:00pm<br>Lane Swim<br><br>5:00pm-<br>7:15pm<br>Lane Swim<br><br>7:15pm-<br>8:00pm<br>Aquafitness<br>2Lane Swim | 5:15am*<br>-9:30am<br>Lane swim<br><br>11:30am-<br>1:00pm<br>Lane Swim<br><br>5:00pm-<br>7:00pm<br>Lane Swim  | 10:00am-<br>12noon<br>2 Lane Swim/<br>Open Swim<br><br>12:15pm-<br>2:00pm<br>2 Lane Swim/<br>Open Swim             | 1:00pm-<br>3:00pm<br>2 Lane Swim/<br>Open Swim |

**OPEN SWIM/FAMILY SWIM:** A child must be 8 years old or in the company of an adult in the pool area. If the child is 5 or under an adult MUST be in the water with them.

**LANE SWIM:** A time for constant lap swimming in lanes. Swimmers must be prepared to share lanes with other lane swimmers.

**PRIVATE LESSONS:** Members only. Please see member services for prices and availability or call 925-9622

**CURRENT SWIM LESSONS:** JULY 12 - September 2

**NEXT SESSION:** September 6 - October 28: Member sign ups: August 28, Non-member sign ups: August 31

**MEMBERS FEES:** \$25 / 8 week session

**NON-MEMBERS FEES:** \$45 / 8 week session

(a session consists of 7 lessons, with one "play day" unless a lesson had to be cancelled for any reason)