FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule February 2012

Pool Information
4 lanes 25 yards
3'-6" Shallow end
5'-0" Deep end
Temp: 84º-86º

Multiple activities are often scheduled in our pool during the same time and we ask that we all be courteous and helpful.

Lap Swimming Etiquitte

Enter the pool from the shallow end.

To avoid accidents, when entering an occupied lane, please get the swimmer's attention to acknowledge that you are there.

Please get kickboards, pull bouys, etc. before entering the pool.

Split & Circle Swimming
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.

Speed
Please try to choose a lane with swimmers that most nearly match your speed.

MILLER FAMILY YMCA
320 Via Las Brisas,
Newbury Park, CA 91320
P 805 480 0309
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Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35a	Masters 1 lap lane	Lap Swimming	Masters 1 lap lane	Lap Swimming	Lap Swimming		
6:00a	Lap Swimming		Lap Swimming				
7:00a						3 lap lanes Free Swim	
8:00a	Water Fitness 2 lap lanes	Water Fitness 1 lap lane	Water Fitness 2 lap lanes	Water Fitness 1 lap lane		Water Fitness 1 lap lane	
9:00a	Free Swim 2 lap lanes	Free Swim 2 lap lanes	Free Swim 2 lap lanes	Free Swim 2 lap lanes	Free Swim 2 lap lanes	Swim Lessons Free Swim 1 lap lane	Free Swim 2 Lap Lanes Private Swim Lessons
10:00a							
11:00a							
12:00p	Water Fitness 1 lap lane	Water Fitness 1 lap lane	Water Fitness 1 lap lane	Water Fitness 1 lap lane	Water Fitness 1 lap lane	Free Swim 2 lap lanes	
1:00p	Free Swim 2 lap lanes	Free Swim 2 lap lanes	Free Swim 2 lap lanes	Free Swim 2 lap lanes	Free Swim 2 lap lanes		
2:00p							
3:00p	Swim Lessons 1 lap lane	Swim Lessons 1 lap lane	Swim Lessons 1 lap lane	Swim Lessons 1 lap lane			
4:00p	Swim Lessons Swim Team	Swim Lessons Swim Team	Swim Lessons Swim Team	Swim Lessons Swim Team	Swim Lessons Swim Team		
5:00p						POOL CLOSED 5:15pm	POOL CLOSED 5:15pm
6:00p							
	Swim Team 1 lap lane	Swim Team 1 lap lane	Swim Team 1 lap lane	Swim Team 1 lap lane			
7:00p					Free Swim 2 lap lanes		
8:00p	Free Swim 2 lap lanes	Free Swim 2 lap lanes	Free Swim 2 lap lanes	Free Swim 2 lap lanes			
9:00p							
	POOL CLOSED 9:45pm	POOL CLOSED 9:45pm	POOL CLOSED 9:45pm	POOL CLOSED 9:45pm	POOL CLOSED 9:45pm		