

YMCA POOL LIFEGUARD SCHEDULE

Pool Schedule

Updated 01/02/2012

Schedule is subject to change.

On Oskaloosa Community School's early out Wednesdays there will be open swim from 2:30-3:45.

Home School swim will be the 1st Tuesday of each month, September through May.

Swim Team begins in November and ends in April.

Evening Water Aerobics will take place May through October.

6th Grade Gym and Swim runs from February 27 through April 27 from 8:30-10:00. No Educare Swim from 9:00-10:00 these weeks.

Swimming Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool. If there are 1 or 2 swimmers in a lane, they may split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:00 Lap Swim	5:30-6:00 Lap Swim	5:30-6:00 Lap Swim	5:30-6:00 Lap Swim	5:30-6:00 Lap Swim	Closed	Closed
	6:00-7:00 Lap Swim	6:00-7:00 ½ Lap Swim ½ Deep Water Aerobics	6:00-7:00 Lap Swim	6:00-7:00 ½ Lap Swim ½ Deep Water Aerobics	6:00-7:00 Lap Swim	Closed	Closed
	7:00-8:00 Water Aerobics	7:00-8:00 Water Aerobics	7:00-8:00 Water Aerobics	7:00-8:00 Water Aerobics	7:00-8:00 Water Aerobics	Closed	Closed
	8:30-9:00 Gym and Swim	8:30-9:00 Gym and Swim	Closed	8:30-9:00 Gym and Swim	8:30-9:00 Gym and Swim	8:00-9:00 Lap Swim	Closed
	9:00-10:00 Gym and Swim	9:00-10:00 Gym and Swim	Closed	9:00-10:00 Gym and Swim	9:00-10:00 Educare Swim 9:00-10:00 Gym and Swim	Closed	Closed
	Closed	Closed	Closed	Closed	10:00-11:00 Educare Swim		
	Closed	11:00-12:00 Physical Therapy	Closed	11:00-12:00 Physical Therapy	Closed	Closed	Closed
	12:00-1:00 Lap Swim	12:00-1:00 Lap Swim	12:00-1:00 Lap Swim	12:00-1:00 Lap Swim	12:00-1:00 Lap Swim	12:00-1:00 Open Swim	Closed
	1:00-1:30 ½ Golden Age Swim ½ Lap Swim	Closed	1:00-1:30 ½ Golden Age Swim ½ Lap Swim	Closed	1:00-1:30 ½ Golden Age Swim ½ Lap Swim	1:00-1:30 Open Swim	Closed
	1:30-2:30 Water Aerobics	1:30-2:30 Home School	1:30-2:30 Water Aerobics 2:30-3:45 Early Outs	Closed	1:30-2:30 Water Aerobics	1:30-2:30 Open Swim	1:30-3:30 Open Swim
	Closed	3:45-5:00 Swim Team	3:45-5:00 Open Swim	3:45-5:00 Swim Team	Closed	Closed	Closed
	5:00-6:00 Lap Swim	5:00-6:00 Swim Team	5:00-6:00 Lap Swim	5:00-6:00 Swim Team	5:00-6:00 Lap Swim	Closed	Closed
	6:15-7:00 Water Aerobics	6:00-7:15 Group Lessons	6:15-7:00 Water Aerobics	6:00-7:15 Group Lessons	6:00-7:30 Open Swim	Closed	Closed
	6:00-8:15 Swim Team	7:15-8:15 Lap Swim	6:00-8:15 Swim Team	7:15-8:15 Lap Swim			