



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRAINING POOL

JUNE 6<sup>TH</sup>-AUGUST 21<sup>ST</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00a-9:00a SPDY Swim Practice	7:00a-9:00a SPDY Swim Practice	7:00a-9:00a SPDY Swim Practice	7:00a-9:00a SPDY Swim Practice	7:00a-9:00a SPDY Swim Practice		
9:00a-11:30a <b>Member Lap Swim (6)</b>	9:00a-11:30a <b>Member Lap Swim (6)</b>	9:00a-11:30a <b>Member Lap Swim (6)</b>	9:00a-11:30a <b>Member Lap Swim (6)</b>	9:00a-11:30a <b>Member Lap Swim (6)</b>		
11:00a-4:00p Pool Closed	11:00a-4:00p Pool Closed	11:00a-4:00p Pool Closed	11:00a-5:00a Pool Closed	11:00a-7:30p Pool Closed		
4:00p-6:00p SPDY Swim Practice	4:00p-6:15p SPDY Swim Practice	4:00p-6:00p SPDY Swim Practice	5:00p-6:15p SPDY Swim Practice			

**\* All Pools Close 30 Minutes to Y Close\***

**IMPORTANT:**

All children under the age of 12 must be accompanied by an adult age 18+ that is on the same membership and participating in the same activity at all times. Adult must accompany all children under 7 into the water.

**Lap Swim:**

Up to 2 people per lap lane

**\*This schedule is subject to change\***