



August 1 - 31, 2018

Pool Closes 8:00 PM Monday through Thursday for Summer Operating Hours

DAY	MONDAY 6:00AM - 8:00PM						TUESDAY 6:00AM - 8:00PM						WEDNESDAY 6:00AM - 8:00PM						THURSDAY 6:00AM - 8:00PM						FRIDAY 6:00AM - 6:30PM						SATURDAY 8:00AM - 4:30PM						SUNDAY 11:00AM - 4:30PM																	
LANE	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6												
6:00	LAP SWIM 6:00 - 8:00						LAP SWIM 6:00 - 8:00						LAP SWIM 6:00 - 8:00						LAP SWIM 6:00 - 8:00						CLOSED						CLOSED																							
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7:30	LAP SWIM 6:00 - 8:00						LAP SWIM 6:00 - 8:00						LAP SWIM 6:00 - 8:00						LAP SWIM 6:00 - 8:00						CLOSED						CLOSED																							
8:00																																																						
8:30																																																						
9:00	OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						CLOSED						CLOSED																							
9:30																																																						
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10:30	LAP SWIM	DEEP WATER WORKOUT 10:00 - 10:45					LAP SWIM	AQUA FITNESS 10:00 - 10:45					LAP SWIM	DEEP WATER WORKOUT 10:00 - 10:45					LAP SWIM	AQUA FITNESS 10:00 - 10:45					OPEN/LAP SWIM 8:00 - 1:00						WOMEN'S SWIM 10:00 - 11:00																							
11:00	OPEN/LAP SWIM 10:45 - 2:00						PARENT/CHILD SWIM LESSONS 11:00 - 11:30						OPEN/LAP SWIM 10:45 - 2:00						PARENT/CHILD SWIM LESSONS 11:00 - 11:30						OPEN/LAP SWIM 8:00 - 4:30						SWIM LESSONS 9:00 - 1:50						OPEN/LAP SWIM 11:00 - 4:30																	
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2:00	YSCCC Swim Aug 6			Lap 2:00-3:00			OPEN/LAP SWIM 10:45 - 8:00						OPEN/LAP SWIM 10:45 - 5:30						YSCCC Swim Aug 2 & 16			Lap 2:00-3:00			CLOSED FOR CLEANING AND STAFF SAFETY TRAINING 1:00 - 3:00						OPEN/LAP SWIM 8:00 - 4:30						SWIM LESSONS 9:00 - 1:50						OPEN/LAP SWIM 11:00 - 4:30											
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3:30	OPEN/LAP SWIM 3:00 - 5:30						OPEN/LAP SWIM 10:45 - 8:00						OPEN/LAP SWIM 10:45 - 5:30						YSCCC Swim Aug 2 & 16						Lap 2:00-3:00						CLOSED FOR CLEANING AND STAFF SAFETY TRAINING 1:00 - 3:00						OPEN/LAP SWIM 8:00 - 4:30						SWIM LESSONS 9:00 - 1:50						OPEN/LAP SWIM 11:00 - 4:30					
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5:00	OPEN/LAP SWIM 3:00 - 5:30						OPEN/LAP SWIM 10:45 - 8:00						OPEN/LAP SWIM 10:45 - 5:30						YSCCC Swim Aug 2 & 16						Lap 2:00-3:00						CLOSED FOR CLEANING AND STAFF SAFETY TRAINING 1:00 - 3:00						OPEN/LAP SWIM 8:00 - 4:30						SWIM LESSONS 9:00 - 1:50						OPEN/LAP SWIM 11:00 - 4:30					
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6:30	LAP 5:30-6:30			AQUA FIT 5:30-6:15			OPEN/LAP SWIM 10:45 - 8:00						LAP 5:30-6:30			AQUA FIT 5:30-6:15			OPEN/LAP SWIM 3:00 - 8:00						OPEN/LAP SWIM 3:00 - 6:30						CLOSED						CLOSED																	
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7:30	OPEN/LAP SWIM 6:30 - 8:00						OPEN/LAP SWIM 10:45 - 8:00						OPEN/LAP SWIM 10:45 - 5:30						YSCCC Swim Aug 2 & 16						Lap 2:00-3:00						CLOSED FOR CLEANING AND STAFF SAFETY TRAINING 1:00 - 3:00						OPEN/LAP SWIM 8:00 - 4:30						SWIM LESSONS 9:00 - 1:50						OPEN/LAP SWIM 11:00 - 4:30					
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8:00																																																						
8:30	CLOSED																																																					
	WORKSHOPS and SERIES - See notes for details and fees												Weekly Classes - See notes for details and fees												Special Events and Scholastic Sports - See notes for details																													

LAP LANE ETIQUETTE TIP OF THE MONTH

During busy open swim sessions the lifeguard may use lane one for swim skills testing. If lane one is occupied, the guard may ask the lap swimmer to swim near the lane line or move the lap swimmer to another lane until swim testing is complete. Typically the swimmers testing are children with limited stroke development. Lane one allows the lifeguard to accomplish a simple reaching assist when required for safety. Thanks for your support.

Open/Lap Swim: Recreational swim for all ages. Generally includes designated lap swim lanes.

Lap Swim: Designated lap lanes. Open to all ages. We encourage swimmers to circle swim during peak hours. Please attempt to find a lane with swimmers of a similar skill level/speed when sharing a lane.

Aqua Fitness with Deb Dixon : Coed shallow water fitness class that offers a cardio workout. Build stamina, strength, and tone. Non-swimmers welcome. Included with premium membership and premium day pass, \$5 drop in fee for standard membership.

Deep Water Workout with Deb Dixon: This is a medium-high intensity workout done in deep water, while wearing an adjustable floatation belt. This workout combines short, high intensity exercise with slower, steady endurance work, followed by muscle toning and a series of stretches to increase flexibility. Participants must bring their own belt and know how to swim. Included with premium membership and premium day pass, \$5 drop in fee for standard membership.

Yellow Springs Community Children's Center Group Swim: Specified Dates; August 2,6,16

Swim Lessons: Saturdays August 4 through August 18

Parent / Child Swim Lessons: Tuesdays and Thursdays, August 2 through August 16

Pool Hours of Operation

Mon-Thur: 6:00 am - 8:00 pm

Friday: 6:00 am - 6:30 pm

Saturday: 8:00 am - 4:30 pm

Sunday: 10:00am - 11:00 am Women only facility time

11:00 am - 4:30 pm

***** Schedule is subject to change without notice. Please visit our website or call the front desk at 937.319.0100 for more details *****