



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEBRUARY POOL SCHEDULE

NU'UANU YMCA

Pool Schedule Schedule Begins 2/1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>Multiple activities are often scheduled in this pool at the same time. ***Special Events***</p> <p>As of 1/31/12 No Events in January</p> <p>Swim Meets will begin on March 10th</p> <p>*****</p> <p>Lap Swimming Tips Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get swimmer's acknowledgement that you are there.</p> <p>Directions If there are 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.</p> <p>Schedule is subject to change, Mahalo.</p>	4:45-3:10 Lap Swim	4:45-9:55 Lap Swim	4:45-3:10 Lap Swim	4:45-9:55 Lap Swim	4:45-2:55 Lap Swim	6:00-9:00 Lap Swim	9:00-11:30 Lap Swim (Lanes 4) Swim lessons (Lanes 2)	
	Pool Break 7:30a to 7:45a	Pool Break 7:30a to 7:45a	Pool Break 7:30a to 7:45a	Pool Break 7:30a to 7:45a	Pool Break 7:30a to 7:45a	Pool Break 7:30a to 7:45a	9:00-12:00 Swim Lessons All Lanes	
	3:10-5:15 Swim Lessons (Lanes 4) Lap Swim (Lanes 2)	9:55-11:00 H2O Easy Does It (Lanes 3) Lap Swim (Lanes 3)	3:10-5:15 Swim Lessons (Lanes 4) Lap Swim (Lanes 2)	9:55-11:00 H2O Easy Does It (Lanes 3) Lap Swim (Lanes 3)	2:55-5:15 Swim Lessons (Lanes 4) Lap Swim (Lanes 2)	12:00-1:00 H2O Class (Lanes 3) Lap Swim (Lanes 3)	11:30-2:30 Swim Lessons (Lanes 4) Lap Swim (Lanes 2)	
	5:15-6:15 H2O Aerobics Class (Lanes 4) Lap Swim (Lanes 2)	11:00-12:00 Swim Lessons (Lanes 2) 11:00-2:55 Lap Swim	5:15-6:15 H2O Aerobics Class (Lanes 4) Lap Swim (Lanes 2)	11:00-12:00 Swim Lessons (Lanes 2) 11:00-2:55 Lap Swim	5:15-6:15 H2O Aerobics Class (Lanes 3) Lap Swim (Lanes 2) Swim Team (Lanes 1)	1:00-4:00 Swim Lessons All Lanes	2:30-5:00 Family Swim (Lanes 2) Lap Swim (Lanes 3) Private lessons (1 Lane)	
	6:15-7:30 Master Swim (Lanes 5) Lap Swim (Lanes 1)	2:55-7:00 Swim Lessons Swim Team (Lanes 4) Lap Swim (Lanes 2)	6:15-7:30 Master Swim (Lanes 5) Lap Swim (Lanes 1)	2:55-7:00 Swim Lessons Swim Team (Lanes 4) Lap Swim (Lanes 2)	6:15- 7:00 Family Swim (Lanes 2) Lap Swim (Lanes 2) Swim Team (Lanes 2)	4:00-7:00 Family Swim (Lanes 2) Private lesson (1 Lane) Lap Swim (Lanes 3)		
	Pool Break 8:00p to 8:15p	Pool Break 8:00p to 8:15p	Pool Break 8:00p to 8:15p	Pool Break 8:00p to 8:15p	Pool Break 8:00p to 8:15p	Pool Break 8:00p to 8:15p		
	7:30-10:00 Family Swim (Lanes 2) Lap Swim (Lanes 4)	7:00-10:00 Family Swim (Lanes 2) Lap Swim (Lanes 4)	7:30-10:00 Family Swim (Lanes 2) Lap Swim (Lanes 4)	7:00-10:00 Family Swim (Lanes 2) Lap Swim (Lanes 4)	7:00-10:00 Family Swim (Lanes 2) Lap Swim (Lanes 4)			

POOL BREAKS***

Your safety is in our aquatics facility is of the utmost importance. Lifeguard staff are required by YMCA policy to step away from their scanning responsibilities periodically. This allows them to renew the mental state of awareness that necessary and required of them during lifeguard duty.
Mahalo for your support in keeping our pool safe.

NU'UANU YMCA

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