



FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# NUBER YMCA POOL SCHEDULE

## FALL/WINTER (REVISED 12-23-12)

**POOL HOURS:**

Mon - Thur:  
 5:00a-8:45p  
 Fri:  
 5:00a-7:45p  
 Sat:  
 8a-5:45p  
 Sun:  
 1-5:45p

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>Swim Team</b> 5:45-7:15a Lanes 1-4			
<b>Sh. Aerobics</b> 9:30-10:30a Lanes 7-8	<b>Sh. Aerobics</b> 9:30-10:30a Lanes 7-8	<b>Sh. Aerobics</b> 9:30-10:30a Lanes 7-8	<b>Sh. Aerobics</b> 9:30-10:30a Lanes 7-8	<b>Sh. Aerobics</b> 9:30-10:30a Lanes 7-8		
<b>Dp. Aerobics</b> 10:30-11:30a Lanes 7-8	<b>Dp. Aerobics</b> 10:30-11:30a Lanes 7-8	<b>Dp. Aerobics</b> 10:30-11:30a Lanes 7-8	<b>Dp. Aerobics</b> 10:30-11:30a Lanes 7-8	<b>Dp. Aerobics</b> 10:30-11:30a Lanes 7-8		
<b>Aqua Zumba</b> 11:30-12:30p Lanes 7-8						<b>Aqua Zumba</b> 11:00-12:00p Lanes 7-8
<b>Swim Team</b> 3:30-5:30p Lanes 1-6	<b>Swim Team</b> 3:30-5:30p Lanes 1-6	<b>Swim Team</b> 3:00-6:00p Lanes 1-6	<b>Swim Team</b> 3:30-5:30p Lanes 1-6	<b>Swim Team</b> 3:30-6:00p Lanes 1-6		
<b>Sh. Aerobics</b> 5:30-6:30p Lanes 7-8	<b>Sh. Aerobics</b> 5:30-6:30p Lanes 7-8	<b>Sh. Aerobics</b> 5:30-6:30p Lanes 7-8	<b>Sh. Aerobics</b> 5:30-6:30p Lanes 7-8	<b>Aerobic Mix</b> 5:00-6:00p Lanes 7-8		
<b>Dp. Aerobics</b> 6:30-7:30p Lanes 7-8	<b>Dp. Aerobics</b> 6:30-7:30p Lanes 7-8	<b>Dp. Aerobics</b> 6:30-7:30p Lanes 7-8	<b>Dp. Aerobics</b> 6:30-7:30p Lanes 7-8			
<b>Swim Team</b> 6:30-8:30p Lanes 1-4	<b>Swim Team</b> 6:30-8:30p Lanes 1-4		<b>Swim Team</b> 7:30-8:30p Lanes 1-4			

**BEST LAP SWIMMING TIMES**

You can enjoy our pool over 70 hours per week, but if you're lap swimming, here are the best times to come:  
 Mon - Thurs: 5:00-9a, 11:30a-3p, 7:30-8:45p  
 Fri: 5:00-9a, 11:30a-3p, 6-7:45p  
 Sat & Sun: Anytime

**\*Please Note:**

3pm-5:30pm Lanes 7 & 8 reserved for lap swimming

**RIC NUBER YMCA**

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## LAYOUT AND FACTS

**Facts**  
72 lengths = 1 mile  
25 yard lap lanes  
Pool contains 360,000 gallons of water

**Rules**  
Ages 12 and under must have parent/ guardian at pool at all times  
Ages 13-15 may be at pool with parent in the building  
Appropriate swim attire only

