

INDOOR POOL "WINTER" SCHEDULE

MONDAY

Lap Swim - 2 lanes	5:00 am	to 4:00 pm
Arthritis Water Aerobics	8:00 am	to 9:00 am
Shallow Water Aerobics	9:00 am	to 10:00 am
Deep Water	10:00 am	to 11:00 am
Recreational Swim	11:00 am	to 4:00 pm
* Coll. Swim Team - 4 lanes	4:00 pm	to 6:00 pm
Deep/Shallow Water Aerobics	6:00 pm	to 7:00 pm
Lap Swim - 2 lanes	6:00 pm	to 9:45 pm
Recreational Swim	7:00 pm	to 9:45 pm

FRIDAY

Lap Swim - 2 lanes	5:00 am	to 4:30 pm
Arthritis Water Aerobics	8:00 am	to 9:00 am
Shallow Water Aerobics	9:00 am	to 10:00 am
Deep Water	10:00 am	to 11:00 am
Recreational Swim	11:00 am	to 4:00 pm
* Coll. Swim Team - 4 lanes	4:30 pm	to 6:00 pm
Lap Swim - 2 lanes	6:00 pm	to 8:45 pm
SNAAP - 1st & 3rd	7:00 pm	to 8:00 pm
Recreational Swim	6:00 pm	to 8:45 pm

TUESDAY

Lap Swim - 2 lanes	5:00 am	to 9:45 pm
Swim Lessons	8:00 am	to 1:00 pm
Shallow Water Aerobics	9:00 am	to 10:00 am
Recreational Swim	1:00 pm	to 5:00 pm
Swim Lessons	5:00 pm	to 8:00 pm
Recreational Swim	8:00 pm	to 9:45 pm

SATURDAY

Lap Swim - 2 lanes	10:00 am	to 5:45 pm
* Coll. Swim Team - 4 lanes	8:00 am	to 10:00 am
Shallow Water Aerobics	10:00 am	to 11:00 am
Recreational Swim	11:00 am	to 5:45 pm

SUNDAY

Recreational Swim	1:00 pm	to 5:45 pm
Lap Swim - 2 lanes	1:00 pm	to 5:45 pm

WEDNESDAY

Lap Swim - 2 lanes	5:00 am	to 4:00 pm
Arthritis Water Aerobics	8:00 am	to 9:00 am
Shallow Water Aerobics	9:00 am	to 10:00 am
Deep Water	10:00 am	to 11:00 am
Recreational Swim	11:00 am	to 4:00 pm
* Coll. Swim Team - 5 lanes	4:00 pm	to 6:00 pm
Deep/Shallow Water Aerobics	6:00 pm	to 7:00 pm
Lap Swim - 2 lanes	6:00 pm	to 9:45 pm
Recreational Swim	7:00 pm	to 9:45 pm

THURSDAY

Lap Swim - 2 lanes	5:00 am	to 9:45 pm
Swim Lessons	8:00 am	to 1:00 pm
Shallow Water Aerobics	9:00 am	to 10:00 am
Recreational Swim	1:00 pm	to 5:00 pm
Swim Lessons	5:00 pm	to 8:00 pm
Recreational Swim	8:00 pm	to 9:45 pm

Pool Information

- ~ Times subject to change.
- ~ Please shower before entering pool.
- ~ Children under 16 are **NOT** allowed in sauna or steamroom or near the whirlpool.
- ~ When ground lightning strikes within 5 miles, and/or thunder is heard, both pools and decks will be closed.
- ~ The Arthritis Foundation recommends a water temperature of 83 to 88 degrees F. The Indoor Pool temperatures varies between 84 and 87 degrees F.
- ~ Aerobic classes with 15 or more participants will use 4 lanes.
- ~ Absolutely no recreational swimming during water aerobics classes or swimming lessons.
- ~ The Indoor Pool is closed to recreational swimming when the Outdoor Pool is open.

The Indoor Pool is 25 yards long.
35 laps or 70 pool lengths equals 1 mile.

* All Collierville Swim Team participants are YMCA members.