



JUNE 2019 POOL SCHEDULE

POOL SCHEDULE IS SUBJECT TO CHANGE

There will be 2 lane lines available for lap swimming throughout the day. Water aerobics, camps, and open swim will utilize the larger portion of the pool.

Swimming Tips

To avoid accidents, when entering an occupied lane, please get the swimmer's attention that you are there.

Lap Swim Directions

If there are 1 or 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.

MON	TUE	WED	THUR	FRI	SAT	SUN
9:00- 3:00 Open Swim	9:00- 3:00 Open Swim	9:00- 3:00 Open Swim	9:00- 3:00 Open Swim	9:00- 3:00 Open Swim		
9:15-10:15 Water Aerobics Mary	9:15-10:15 Water Aerobics	9:15-10:15 Water Aerobics Mary	9:15-10:15 Water Aerobics	9:15-10:15 Water Aerobics Mary		
12:30-3:00 Summer Camps	12:30-3:00 Summer Camps	12:30-3:00 Summer Camps	12:30-3 Summer Camps		11:00am- 3:30pm Open Swim	11:00am 3:30pm Open Swim
4:00-6:00 Summer Swim Lessons & Swim League	4:00-6:00 Summer Swim Lessons & Swim League	4:00-6:00 Summer Swim Lessons & Swim League	4:00-6:00 Summer Swim Lessons & Swim League			

Water Aerobics - This is a light cardiovascular strength and endurance class. Feel the magic of water in this low impact total body workout. Gain endurance while you improve your balance, range of motion in your joints and muscle tone. You'll leave this class refreshed and energized. Let Water Works "make your day"! (Beginner)

Summer Swim Team- Swimmers of all levels and ages are welcome to come and learn the fundamentals of what it's like to be on a swim team. Swimmers will learn all four competitive strokes of swimming while building self-confidence, discipline and of course, having fun while competing in 4 exciting swim meets.

Corey Kephart 941.429.9622 ext. 160 for more information on Summer swim team

NORTH PORT POOL YMCA

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