



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE - AUG 2022

CARLISLE FAMILY YMCA

Main Pool Schedule Aug 2022

Schedule Begins Aug 1 and is subject to change

Multiple activities are often scheduled in this pool at the same time.

Lap Swimming Tips

1 - Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoy, etc. before entering the pool.

2 - 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.

3 - Please choose a lane with swimmers that most nearly match your speed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5-8am 8 Lap Swim	5-9am 8 Lap Swim	5-8am 8 Lap Swim	5-9am 8 Lap Swim	5-8am 8 Lap Swim		
	8-10am 2 Lap Swim 6 Classes	9-10am 2 Lap Swim 6 Classes	8-10am 2 Lap Swim 6 Classes	9-10am 2 Lap Swim 6 Classes	8-10am 2 Lap Swim 6 Classes		
	10-11am 4 Lap Swim 4 Rec Swim	10-11am 4 Lap Swim 4 Lessons	10-11am 4 Lap Swim 4 Lessons	10-11am 4 Lap Swim 4 Lessons	10-11am 4 Lap Swim 4 Rec Swim	7-11am 8 Lap Lanes	
	11am-12pm 2 Lap Swim 6 Class	11am-3pm 4 Lap Swim 4 Camp	11am-12pm 2 Lap Swim 6 Class	11am-3pm 4 Lap Swim 4 Camp	11am-12pm 2 Lap Swim 6 Class	11am-4pm 4 lap Swim 4 Rec Swim	10am-12pm 8 Lap Swim
	12-3pm 4 Lap Swim 4 Camp	3-6pm 4 Lap Swim 4 Rec Swim	12-3pm 4 Lap swim 4 Camp	3-5pm 4 Lap Swim 4 Rec Swim	12-3pm 4 Lap Swim 4 Camp		12-3pm 4 Lap Swim 4 Rec Swim
	3-8pm 4 Lap Swim 4 Rec Swim	6-7pm 3 Lap Swim 5 Lessons	3-6pm 4 Lap Swim 4 Rec	5-7pm 1 Lap Swim 7 Lesson	3-8pm 4 Lap Swim 4 Rec Swim		
		7-8pm 4 Lap Swim 4 Rec Swim	6-7pm 4 Lap swim 4 Lessons	7-8pm 3 Lap Swim 5 Classes			**POOL CLOSING Aug 22, 2022
			7-8pm 4 Lap Swim 4 Rec Swim				

CONTINUED ON BACK/NEXT PAGE

CARLISLE FAMILY YMCA

311 S. West St., Carlisle PA 17013

P 717-243-2525 ext 210 E tyoung@carlislefamilyymca.org W carlislefamilyymca.org