



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE - SEPT 2022

CARLISLE FAMILY YMCA

Main Pool Schedule Sept 2022

Schedule Begins Wed
Sept 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
5-7am 3 Lap Swim 5 Masters	5-9am 8 Lap Swim	5-7am 3 Lap Swim 5 Masters	5-9am 8 Lap Swim	5-7am 3 Lap Swim 5 Masters		
7-8am 8 Lap Swim	9-10am 2 Lap Swim 6 Classes	7-8am 8 Lap Swim	9-10am 2 Lap Swim 6 Classes	7-8am 8 Lap swim		
8-10am 2 Lap Swim 6 Classes	10am-3:30pm 5 Lap Swim 3 Rec swim	8-10am 2 Lap Swim 6 Classes	10am-3:30pm 4 Lap Swim 4 Rec Swim	8-10am 2 Lap Swim 6 Classes	7am-12pm 8 Lap Lanes	
10-11am 4 Lap Swim 4 Rec Swim	3:30-5:30pm 2 Lap Swim 6 Swim team	10-11am 4 Lap Swim 4 Rec Swim	3:30-5:30pm 2 Lap Swim 6 Swim team	10-11am 4 Lap Swim 4 Lessons	12-4pm 4 lap Swim 4 Rec Swim	10am-12pm 8 Lap Swim
11am-12pm 2 Lap Swim 6 Class	5:30-6:30pm 4 Lap Swim 4 Lessons	11am-12pm 2 Lap Swim 6 Class	5:30-6:30pm 4 Lap Swim 4 Lessons	11am-12pm 2 Lap Swim 6 Class		12-3pm 4 Lap Swim 4 Rec Swim
12-3:30pm 4 Lap Swim 4 Rec Swim	6:30-8pm 4 Lap Swim 4 Rec Swim	12-3pm 4 Lap swim 4 Rec swim	6:30-8pm 4 Lap Swim 4 Class	12-3:30pm 4 Lap Swim 4 Rec Swim		
3:30-5pm 2 Lap Swim 6 Swim team		3-6:30pm 4 Lap Swim 4 Rec Swim		3:30-5pm 4 Lap Swim 4 Rec Swim		
5-6:30pm 4 Lap Swim 4 Rec Swm		6:30-8pm 4 Lap swim 4 Lessons		5-8pm 4 Lap Swim 4 Rec Swim		
6:30-8pm 4 Lap swim 4 Lessons						

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