



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE - JAN 2023

CARLISLE FAMILY YMCA

Main Pool Schedule Jan 2023

Schedule Begins Thurs
Jan 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	9-11am 2 Lap Swim 6 Classes	7-8am 8 Lap Swim	9-11am 2 Lap Swim 6 Classes	7-8am 8 Lap Swim		
	8-10am 2 Lap Swim 6 Classes	11am-1pm 5 Lap Swim 3 Rec Swim	8-10am 2 Lap Swim 6 Classes	11am-3:45pm 4 Lap Swim 4 Rec Swim	8-10am 2 Lap Swim 6 Classes	7-10am 8 Lap Swim	
	10-11am 4 Lap Swim 4 Rec Swim	1-3:45pm 5 Lap Swim 3 Rec Swim	10-11am 4 Lap Swim 4 Rec Swim	3:45-5:30pm 1 Lap Swim 7 Swim Team	10-11am 4 Lap Swim 4 Rec Swim	10am-12pm 1 Lap Swim 7 Lessons	10am-12pm 8 Lap Swim
	11am-12pm 2 Lap Swim 6 Class	3:45-5:30pm 1 Lap Swim 7 Swim Team	11am-12pm 2 Lap Swim 6 Class	5:30-6:30pm 4 Lap Swim 4 Lessons	11am-12pm 2 Lap Swim 6 Class	12-6pm 4 Lap Swim 4 Rec Swim	12-4pm 4 Lap Swim 4 Rec Swim
	12-3pm 4 Lap Swim 4 Rec Swim	5:30-6:30pm 4 Lap Swim 4 Lessons	12-3:45pm 4 Lap Swim 4 Rec Swim	6:30-7:30pm 1 Lap Swim 7 Swim Team	12-3pm 4 Lap Swim 4 Rec Swim	Jan 28 Pool closes at 11:45am Swim meet	Pool closes at 1pm Jan 1
	3-5pm 1 Lap Swim 7 Swim Team	6:30-7:30pm 1 Lap Swim 7 Swim Team	3:45-5:30pm 1 Lap Swim 7 Swim Team	7:30-8:30pm 4 Lap Swim 4 Classes	3-6:00pm 1 Lap Swim 7 Swim Team		
	5-6:30pm 1 Lap Swim 7 Swim Team	7:30-8:30pm 5 Lap Swim 3 Rec Swim	5:30-6:30pm 1 Lap Swim 7 Swim Team		6-7pm 1 Lap Swim 7 Swim Team		
	6:30-7:30pm 4 Lap Swim 4 Lessons		6:30-7:30pm 4 Lap Swim 4 Lessons **		7-8:30pm 4 Lap Swim 4 Rec Swim		
	7:30-8:30pm 5 Lap Swim 3 Rec Swim		7:30-8:30pm 5 Lap Swim 3 Rec Swim **	**Jan 4 & 18 6:30-8:30pm 1 Lap Swim 7 Swim Team			

CARLISLE FAMILY YMCA

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