



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE - MAR 2023

CARLISLE FAMILY YMCA

Main Pool Schedule Mar 2023

Schedule Begins Mar 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-1pm 4 Lap Swim 4 Classes	8-10am 2 Lap Swim 6 Classes	10-11am 4 Lap Swim 4 Classes	8-10am 2 Lap Swim 6 Classes	7-10am 8 Lap Lanes	
	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	11am-3pm 5 Lap Swim 3 Rec Swim	10-11am 4 Lap Swim 4 Lessons	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	3:45-5:30pm 1 Lap Swim 7 Swim Team	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 5 Lap Swim 3 Rec Swim	5:30-6:30pm 4 Lap Swim 4 Lessons	12-3:30pm 5 Lap Swim 3 Rec Swim	5:30-6:30pm 3 Lap Swim 5 Lessons	12-3:30pm 5 Lap Swim 3 Rec Swim		
	3-5:30pm 1 Lap Swim 7 Swim Team	6:30-8:30pm 4 Lap Swim 4 Rec Swim	3:30-5:30pm 1 Lap Swim 7 Swim Team	6:30-8:30pm 4 Lap Swim 4 Rec Swim 3/2 No Rec 6:30-7:30pm	3:30-5:30pm 1 Lap Swim 7 Swim Team		
	5:30-6:30pm 4 Lap Swim 4 Rec Swim		5:30-6:30pm 4 Lap Swim 4 Rec Swim 3/1 No Rec		5:30-8:30pm 4 Lap Swim 4 Rec Swim 3/3 No Rec 5:30-7pm		
	6:30-7:30pm 3 Lap Swim 5 Lessons		6:30-7:30pm 3 Lap Swim 5 Lessons				
	7:30-8:30pm 4 Lap Swim 4 Rec Swim		7:30-8:30pm 4 Lap Swim 4 Rec Swim				

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