



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE - NOV 2023

## CARLISLE FAMILY YMCA

### Main Pool Schedule Nov 2023

Schedule Begins Nov 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
	<b>5-7am</b> 3 Lap Swim 5 Masters	<b>5-9am</b> 8 Lap Swim	<b>5-7am</b> 3 Lap Swim 5 Masters	<b>5-9am</b> 8 Lap Swim	<b>5-7am</b> 3 Lap Swim 5 Masters		
	<b>7-8am</b> 8 Lap Swim	<b>9-10am</b> 2 Lap Swim 6 Classes	<b>7-8am</b> 8 Lap Swim	<b>9-10am</b> 2 Lap Swim 6 Classes	<b>7-8am</b> 8 Lap Swim		
	<b>8-10am</b> 2 Lap Swim 6 Classes	<b>10-11am</b> 4 Lap Swim 4 Classes	<b>8-10am</b> 2 Lap Swim 6 Classes	<b>10-11am</b> 4 Lap Swim 4 Classes	<b>8-10am</b> 2 Lap Swim 6 Classes	<b>7-10am</b> 8 Lap Swim	
	<b>10-11am</b> 4 Lap Swim 4 Classes	<b>11am-3:30pm</b> 5 Lap Swim 3 Rec Swim	<b>10-11am</b> 4 Lap Swim 4 Classes	<b>11am-3:30pm</b> 4 Lap Swim 4 Rec Swim	<b>10-11am</b> 4 Lap Swim 4 Lessons	<b>10am-12pm</b> 1 Lap Swim 7 Lessons	<b>10am-12pm</b> 8 Lap Swim
	<b>11am-12pm</b> 2 Lap Swim 6 Class	<b>3:30-5:30pm</b> 2 Lap Swim 6 Swim Team	<b>11am-12pm</b> 2 Lap Swim 6 Class	<b>3:30-5:30pm</b> 1 Lap Swim 7 Swim Team	<b>11am-12pm</b> 2 Lap Swim 6 Class	<b>12-5pm</b> 4 Lap Swim 4 Rec Swim	<b>12-3pm</b> 4 Lap Swim 4 Rec Swim
	<b>12-3pm</b> 5 Lap Swim 3 Rec Swim	<b>5:30-6:30pm</b> 1 Lap Swim 7 Swim team	<b>12-3pm</b> 4 Lap Swim 4 Rec Swim	<b>5:30-6:30pm</b> 1 Lap Swim 7 Swim Team	<b>12-3:30pm</b> 4 Lap Swim 4 Rec Swim	<b>Nov 4 Pool Closes at 11:30am SWIM MEET</b>	
	<b>3-6:30pm</b> 2 Lap Swim 6 Swim Team	<b>6:30-7:30pm</b> 1 Lap Swim 7 Classes	<b>3-6:30pm</b> 1 Lap Swim 7 Swim Team	<b>6:30-7:30pm</b> 1 Lap Swim 7 Lessons	<b>3:30-7pm</b> 1 Lap Swim 7 Swim Team		
	<b>6:30-7:30pm</b> 4 Lap Swim 4 Lessons	<b>7:30-8pm</b> 4 Lap Swim 4 Classes	<b>6:30-7:30pm</b> 1 Lap Swim 7 Lessons	<b>7:30-8pm</b> 4 Lap Swim 4 Classes	<b>7-8pm</b> 4 Lap Swim 4 Rec Swim		
	<b>7:30-8pm</b> 4 Lap Swim 4 Rec Swim		<b>7:30-8pm</b> 4 Lap Swim 4 Rec Swim				

### CARLISLE FAMILY YMCA

311 S. West St., Carlisle PA 17013 P 717-243-2525 ext 210 E tyoung@carlislefamilyymca.org W carlislefamilyymca.org