



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE - MAR 2024

CARLISLE FAMILY YMCA

Main Pool Schedule

Mar 2024

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 1 Aqua Jog 5 Classes	10-11am 4 Lap Swim 4 Classes	8-10am 2 Lap Swim 1 Aqua Jog 5 Classes	10-11am 4 Lap Swim 4 Classes	8-10am 2 Lap Swim 1 Aqua Jog 6 Classes	7-10am 8 Lap Swim	
10-11am 4 Lap Swim 4 Rec Swim	11am-3:30pm 4 Lap Swim 4 Rec Swim	10-11am 3 Lap Swim 5 Class	11am-3:30pm 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	3:30-5:30pm 1 Lap Swim 7 Swim Team	11am-12pm 2 Lap Swim 6 Class	3:30-5:30pm 1 Lap Swim 7 Swim Team	11am-12pm 2 Lap Swim 6 Class	12-5pm 4 Lap Swim 4 Rec Swim ***	12-3pm 4 Lap Swim 4 Rec Swim
12-3:30pm 4 Lap Swim 4 Rec Swim	5:30-6:30pm 4 Lap Swim 4 Class	12-3:30pm 4 Lap Swim 4 Rec Swim	5:30-6:30pm 3 Lap Swim 5 Class	12-3:30pm 4 Lap Swim 4 Rec Swim	*** 3/23 12-2pm 6 Egg Hunt 2 Lap Swim	
3:30-5:30pm 1 Lap Swim 7 Swim Team	6:30-7:30pm 4 Lap Swim 4 Class	3:30-5:30pm 1 Lap Swim 7 Swim Team	6:30-7:30pm 4 Lap Swim 4 Classes	3:30-5:30pm 1 Lap Swim 7 Swim Team		
5:30-6:30pm 4 Lap Swim 4 Rec Swim	7:30-8pm 4 Lap Swim 4 Rec Swim	5:30-6:30pm 4 Lap Swim 4 Rec Swim	7:30-8pm 4 Lap Swim 4 Rec Swim	5:30-8pm 4 Lap Swim 4 Rec Swim ***		
6:30-7:30pm 3 Lap Swim 5 Lessons		6:30-7:30pm 3 Lap Swim 5 Lessons		*** 3/22 No Rec Swim		
7:30-8pm 4 Lap Swim 4 Rec Swim		7:30-8pm 4 Lap Swim 4 Rec Swim				

CARLISLE FAMILY YMCA

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