

# 2020 Stratford Richardson Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-9:30 AM Lap Swim (L1-L2) 7:30-7:40 AM Safety Break	5:30-8:00 AM Lap Swim (L1-L2) 7:30-7:40 AM Safety Break 8:00-9:00AM Water Fitness (L1-L2)*	5:30-8:00 AM Lap Swim (L1-L2) 7:30-7:40 AM Safety Break 8:00-9:00AM Water Fitness (L1-L2)*	5:30-8:00 AM Lap Swim (L1-L2) 7:30-7:40 AM Safety Break 8:00-9:00AM Water Fitness (L1-L2)*	5:30-8:00 AM Lap Swim (L1-L2) 7:30-7:40 AM Safety Break 8:00-9:00AM Water Fitness (L1-L2)*	9:00AM-9:45AM Lap Swim (L1-L2) 9:45AM-11:50AM Group Swim Lessons (L1-L2)	YMCA CLOSED
9:00-9:10 AM Safety Break 9:30-12:00PM Water Fitness/ Water Volleyball (L1-L2)*	9:00-9:10 AM Safety Break 9:30-11:10AM Water Fitness (L1-L2)*	9:00-9:10 AM Safety Break 9:30-11:10AM Water Fitness (L1-L2)*	9:00-9:10 AM Safety Break 9:30-11:10AM Water Fitness (L1-L2)*	9:00-9:10 AM Safety Break		
12:00-1:20PM Lap Swim (L1-L2) 1:20-1:30 PM Safety Break	11:10-11:20 AM Safety Break 11:20-1:20PM Lap Swim (L1-L2) 12:00-1:20 PM 1:20-1:30 PM Safety Break	11:10-11:20 AM Safety Break 11:20-1:20PM Lap Swim (L1-L2) 12:00-1:20 PM 1:20-1:30 PM Safety Break	11:00-1:00 PM Invest Collegiate Group Swim (L2) 11:20-1:20PM Lap Swim (L1) 1:20-1:30 PM Safety Break	11:10-11:20 AM Safety Break 11:20-1:20PM Lap Swim (L1-L2) 1:20-1:30 PM Safety Break	12:00-1:00PM Water Fitness (L1-L2)*	
1:30-3:20PM Lap Swim (L1-L2) 3:20-3:30 PM Safety Break	1:30-3:20PM Lap Swim (L1-L2) 3:20-3:30 PM Safety Break	1:30-3:20PM Lap Swim (L1-L2) 3:20-3:30 PM Safety Break	1:30-3:20PM Lap Swim (L1-L2) 3:20-3:30 PM Safety Break	1:30-3:20PM Lap Swim (L1-L2) 3:20-3:30 PM Safety Break	1:00-1:50PM Lap Swim (L1-L2)	
3:30-5:00PM Lap Swim (L1-L2) 5:00-6:40PM Group Swim Lesson (L1-L2) 6:45-7:45PM Water Fitness (L1-L2)*	3:30-5:00PM Lap Swim (L1-L2) 5:00-6:40PM Group Swim Lesson (L1-L2) 6:45-7:45PM Water Fitness (L1-L2)*	3:30-5:00PM Lap Swim (L1-L2) 5:00-6:40PM Group Swim Lesson (L1-L2) 6:45-7:45PM Water Fitness (L1-L2)*	3:30-5:00PM Lap Swim (L1-L2) 5:00-6:40PM Group Swim Lesson (L1-L2) 6:45-7:45PM Water Fitness (L1-L2)*	3:30-5:30PM Lap Swim (L1-L2) 5:40-6:30PM Lap Swim (L1-L2)	2:00-3:30PM Lap Swim (L1-L2)	
7:45-8:30PM Lap Swim (L1-L2)	7:45-8:30PM Lap Swim (L1-L2)	7:45-8:30PM Lap Swim (L1-L2)	7:45-8:30PM Lap Swim (L1-L2)			

\* There will be designated area roped off for other participants. Everything in "Red" means no lap lane available.

**Lap Swim Etiquette:** Lap Swim should be orderly, continuous swim. Swim in a circle approximately 5-10 seconds apart. Slower swimmers must allow faster swimmers to pass; wait at the wall until the faster swimmer turns. Staff may have to move lanes to accommodate the pool schedule. **LANE 1:** closest to Family Locker Rooms; **LANE 2:** closest to the windows.

**Aquatics Information:** The Y offers several Aquatics programs ranging from: Swim Lessons, Water Aerobics, Lifeguard Training, Private Stroke Technique and more.

**Pool Closing:** The pool will close 30 minutes prior to the facility closing (8:30 M-TH, 6:30 F, 3:30 Sat.) The pool will close for thunder and lightning for 30 minutes after each accuracy but the steam and sauna rooms will stay open during those times.

**Safety Break:** ten minute pool closure to provide our lifeguards with a break from guarding.