

LAP/OPEN SWIM

Winter 2019 Effective 01/01/2019 - 03/09/2019

BLOOMINGTON-NORMAL YMCA

www.bnymca.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 7:55am Lap (6 Lanes)	5:00 - 7:55am Lap (6 Lanes)	5:00 - 7:55am Lap (6 Lanes)	5:00 - 7:55am Lap (6 Lanes)	5:00 - 7:55am Lap (6 Lanes)		
8:00 - 8:45am Lap (2 Lanes)	8:00 - 8:45am Lap (2 Lanes)	8:00 - 8:45am Lap (2 Lanes)	8:00 - 8:45am Lap (2 Lanes)	8:00 - 8:45am Lap (2 Lane)	6:00 - 7:55pm Lap (6 Lanes)	
<u>Water exercise classes</u>	8:45 - 11am Lap (1 Lane)	<u>Water exercise Classes</u> 8:45 - 11am Lap (1 Lane)	8:45 - 11am Lap (1 Lane)	<u>Water exercise Classes</u> 8:45 - 11am Lap (2 Lane)	8:00 - 11:00am Programs	
8:45 - 11am Lap (1/ Lane)	11:00 - 11:55pm Lap (6 Lanes)	11:00 - 12:25pm Lap (6 Lanes)	11:00 - 11:55pm Lap (6 Lanes)	11:00 - 2pm lap (4 lanes)	11:00a - 1:00 PVT Lessons (2 Lanes)	10:00 - 1:00pm Lap (6 Lanes)
11:00 - 12:25pm Lap (6 Lanes)	12:00 - 1:30pm Lap (2 Lanes)	<u>Closed for rentals</u> <u>on Specified Days from</u>	12:00 - 1:30pm Lap (2 Lanes)	Open (2 Lanes)	11:05 - 1:00pm Lap (3 Lanes)	1:05 - 5:30pm Lap (3 Lanes)
12:25 - 1:25pm Lap (2 Lanes)	1:35 - 3:55 Lap (4 Lanes)	12:35 - 2:45pm Lap (4 Lanes)	1:35 - 3:55pm Lap (4 Lanes)	<u>Closed for rentals</u> <u>on Specified Days from</u> 2:00 - 4:01 Lap (4) / Open (2)	1:05 - 5:30pm Lap (3 Lanes)	Open (3 Lanes)
1:30 - 3:55pm Lap (4 Lanes)	Open (2 Lanes)	Open (2 Lanes)	Open (2 Lanes)		Open (2 Lanes)	
4:00 - 7:00pm Programs + Waves	4:00 - 7:00pm Programs + Waves	3:00 - 3:55pm Lap(4lanes) (2Lanes) Open 4:00 - 7:00pm Programs + Waves	4:00 - 7:00pm Programs + Waves	4:00 - 7:00pm		
Waves 7 - 8:30pm Lap (2 Lanes)	Waves 7:30- 8:30pm Lap (2 Lanes)	Waves 7 - 8:30pm Lap (2 Lanes)	Waves 7:30- 8:30pm Lap (2 Lanes)	Waves 7 - 8:30pm Lap(2 Lanes)		



Pool Rules:	<u>Swimming in the deep end.</u> (5ft-10ft) Is the limit for those who can pass the required swim test (Swim one length of the pool and then tread water for 60sec	<u>Children age 3 and under</u> Are required to wear a waterproof diaper when in the pool.	<u>Lap Lane</u> Use of lap lane is for swimming in horizontal body position from one end to the other or water exercise	<u>Lap Lane</u> Swimmers may be required to circle swim when sharing a lane	<u>Under 8 Rule</u> <i>Children under 8 must pass the height test in order to be in the pool without an adult, if your child is unable to pass the height test an adult needs to also be in the pool with both feet touching to pool floor.</i>
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602 S. Main St.

Bloomington, IL 61701

(309) 827-6233

Sunday, January 27, 2019, Dual meet vs Champaign Y

Saturday, February 23, 2019, JUNIOR DISTRICT meet

Thank you for being a part of our Y Community!