



NORTH FAMILY YMCA WINTER POOL SCHEDULE

November 1st - December 31st, 2018

LAP SWIM		
Day	Times	Lanes
Mondays	5:00a-7:00a	3 Lanes
	7:00a-9:00a	5 Lanes
	9:00a-10:00a	4 Lanes
	10:00a-3:45p	5 Lanes
	3:45p-5:30p	2 Lanes
	5:30p-8:00p	2 Lanes
Tuesdays	8:00p-9:30p	5 Lanes
	5:00a-9:00a	5 Lanes
	9:00a-3:45p	6 Lanes
	3:45p-5:30p	2 Lanes
Wednesdays	5:30p-8:00p	2 Lanes
	8:00p-9:30p	5 Lanes
	5:00a-7:00a	5 Lanes
	7:00a-10:00a	5 Lanes
	10:00a-3:45p	5 Lanes
Thursdays	3:45p-5:30p	2 Lanes
	5:30p-8:00p	2 Lanes
	8:00p-9:30p	5 Lanes
	5:00a-9:00a	5 Lanes
Fridays	9:00a-3:45p	6 Lanes
	3:45p-5:30p	2 Lanes
	5:30p-7:00p	2 Lanes
	7:00p-8:45p	5 Lanes
	5:00a-7:00a	3 Lanes
	7:00a-9:00a	5 Lanes
Saturdays	9:00a-10:00a	4 Lanes
	10:00a-3:45p	5 Lanes
	3:45p-5:30p	2 Lanes
Sundays	5:30p-8:00p	2 Lanes
	8:00a-11:00a	5 Lanes
	11:00a-4:45p	4 Lanes

OPEN SWIM	
Day	Times
Monday	5:00a-10:00 a Adults Only
	10:00a-5:30p
	7:05p-9:30p
Tuesday	5:00a-10:00 a Adults Only
	10:00a-5:30p
	7:05p-9:30p
Wednesday	5:00a-10:00 a Adults Only
	10:00a-5:30p
	7:05p-9:30p
Thursday	5:00a-10:00 a Adults Only
	10:00a-5:30p
	7:05p-9:30p
Friday	5:00a-10:00 a Adults Only
	10:00a-5:30p
	5:30p-8:45p
Saturday	6:00a-10:00a Adults Only
	11:45a-5:45p
Sunday	8:00a-12:00p Adults Only
	12:00p-4:45p

SWIM LESSONS		
2x/Week Sessions		
	Oct 30-Nov 27 T/TH	Nov 5-Nov 28 M/W
	(no class 11/22)	
Pre-School (3-5 yrs)	Stage 1-4	5:30p-6:15p
School Age (5-12 yrs)	Stage 1-6	6:20p-7:05p
4x/Week Sessions		
	Dec 3-13	M/T/W/TH
Pre-School (3-5 yrs)	Stage 1-4	5:30p-6:15p
School Age (5-12 yrs)	Stage 1-6	6:20p-7:05p
SAT Sessions		
	Nov 3- Dec 22	
Pre-School (3-5 yrs)	Stage 1-4	10:00a-10:45a
School Age (5-12 yrs)	Stage 1-6	10:50a-11:35a

DRAGONS YOUTH SWIM TEAM		
Green Team	M-TH	5:30p-6:30p
Blue Team	M-TH	6:00p-7:15p
	F	5:30-6:45p
Red Team	M-TH	6:30p-8:00p
	F	5:30-6:45p
Gold Team	M-TH	6:30p-8:00p
	F	5:30-6:45p

FREE tryouts scheduled by appointment

NORTH HIGH SWIM TEAM

Practices are held: **Monday-Friday** **5:30a-7:00a (2 lanes)**
3:45p-5:30p (2 lanes)
Lanes are marked. Please do not interrupt their practices.

vs111918KS

NORTH FAMILY YMCA
624 W. 53rd St Davenport, IA 52806
563-391-7771

WATER EXERCISE		
Monday	Aqua Fit Challenge	9:00a-9:45a
	Aqua Fit Deep	5:45p-6:30p
Tuesday	Aqua Fit Deep	6:00a-6:50a
Wednesday	Aqua Fit Challenge	9:00a-9:50a
	Aqua Fit Deep	10:00a-10:50a
Thursday	Aqua Fit Deep	5:45p-6:30p
	Aqua Fit Deep	6:00a-6:50a
Friday	Aqua Fit Challenge	9:00a-9:45a
Saturday	Aqua Fit Deep	9:00a-9:50a

Temperature

Pool 81-83 Whirlpool 98-104
Hot Tub, Sauna & Steam Room are open when pool is open

Lap Lanes

Must swim laps - water walk in North Lane by Lifeguard
15 & older for lap swimming.

All lap lanes must circle swim & share

Open Swim

Diving board open upon request and deep end availability. Must pass swim test of front swim 15 yards, 30 seconds treading, front swim back to start point.

Children 7 years and under must have attentive adult completely in the water with them