



POOL SCHEDULE

Effective 1/19/2015 - 5/25/2015
(subject to change at any time)

During times other than those listed below, the pools are in use for YMCA Swim lessons, Springboard Diving lessons, teams, school programming, and/or water exercise classes. For information on Swim lessons, Springboard Dive lessons, and water exercise classes, please visit www.gtbayymca.org, or consult the Group Fitness Class schedule at the Membership Services Desk. A current YMCA Pool Schedule may also be accessed online.

FAMILY RECREATION POOL	
<i>Times listed below are available for open swim, unless otherwise stated.</i>	
Sunday	10:00am - 5:30pm
Monday	5:30am - 8:00am Adult Swim
	10:00am - 12:00pm
	1:30pm - 5:30pm 8:30pm - 9:00pm
Tuesday	5:30am - 9:00am Adult Swim
	10:00am - 12:00pm
	1:30pm - 4:00pm 6:30pm - 9:00pm
Wednesday	5:30am - 8:00am Adult Swim
	10:00am - 12:00pm
	1:30pm - 6:00pm 6:30pm - 7:30pm
Thursday	5:30am - 9:00am Adult Swim
	10:00am - 12:00pm
	1:30pm - 4:00pm 6:30pm - 9:00pm
Friday	5:30am - 8:00am Adult Swim
	10:00am - 12:00pm
	1:30pm - 6:00pm 6:30pm - 9:00pm
Saturday	7:00am - 8:30am Adult Swim
	12:00am - 5:30pm
Swimmers under the age of 10 must be accompanied by a parents/guardian in the water.	

**Welcome to the
Robert C. Foster
Family Aquatic Center!**

Recreation Pool:
Depth: 3'6" to 4'0"
Size: Approx. 20' x 41'
w/ attached 3" deep Splash Pad
Temp: 88 - 90 degrees

Lap Pool:
8 Lane Competitive Pool
w/ 1 Meter Springboard

Depth: 4'0" to 13'0"
Size: 20 x 25 yards
Temp: 79 - 81 degrees

Spa / Hot Tub:
Seats 18 people
Temp: 101 - 104 degrees

Lap Lengths:
70 Lengths (35 Laps) = 1 mile
35 Lengths (17.5 Laps) = 1/2 mile
18 Lengths (9 Laps) = 1/4 mile

LAP POOL		
<i>Times listed below are available for lap swim only, unless otherwise stated. The minimum amount of available lanes are noted.</i>		
Sunday	10:00am - 2:00pm	5 lanes
	2:00pm - 5:30pm	4 lanes
	2:30pm - 5:30pm Open / Diving Board	4 lanes
Monday/ Wednesday/ Friday	5:30am - 7:00am	2 lanes
	7:00am - 9:30am	8 lanes
	9:30am - 1:00pm	2 lanes
	1:00pm - 3:00pm	8 lanes
	3:00pm - 4:00pm	5 lanes
	4:00pm - 6:00pm	2 lanes
Tuesday/ Thursday	6:00pm-8:00pm	1 lane
	8:00pm-9:00pm Open / Diving Board	4 lanes
	5:30am - 7:00am	2 lanes
	7:00am - 9:00am	8 lanes
	9:00am-1:00pm	2 lanes
	1:00pm - 3:00pm	8 lanes
Saturday	3:00pm - 4:00pm	5 lanes
	4:00pm - 6:00pm	2 lanes
	6:00pm-8:00pm	1 lane
	8:00pm-9:00pm Open / Diving Board	4 lanes
	7:00am - 2:00pm	4 lanes
	2:00pm - 5:30pm	4 lanes
All lap swimmers must pass the Deep Water Swim Test.		
Lap swimmers under the age of 10 must have a parent in the same lane with them.		

Swim and Dive Lessons
Don't forget to ask about our
Swim Lessons and Springboard Diving Lesson programs!
Members Save \$\$ off the community rates!

Grand Traverse Bay YMCA
3700 Silver Lake Road, Traverse City, MI 49684
www.gtbayymca.org 231-486-6357

REV 1/30/2015