



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UCO POOL SCHEDULE

DECEMBER 19 – JANUARY 2

Lap Swimming Tips To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half or "circle swim". The entrance of a third person immediately changes the lane to "circle" swimming format.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Swimmers may be required to take a swim test to use the deep end. Please check which area of the pool is available for open swim. EAT/Extreme Aquatic Team This is a US Swim Team as well as a Masters Swim Club. For more information on these programs contact: Cindv Goddard	5:00-7:00a EAT Masters Swim	5:00-7:00a EAT Masters Swim	5:00-7:00a EAT Masters Swim	5:00-7:00a EAT Masters Swim	5:00-7:00a EAT Masters Swim		
	7:00-9:00a Lap Swim	7:00-9:00a Lap Swim	7:00-9:00a Lap Swim	7:00-9:00a Lap Swim	7:00-9:00a Lap Swim		
	9:00 – 4:30 CLOSED						
							1:00-3:00p Lap Swim / Open Swim
	4:30-8:00p Extreme Swim Team	4:30-8:00p Extreme Swim Team	4:30-8:00p Extreme Swim Team	4:30-8:00p Extreme Swim Team	4:30-8:00p Extreme Swim Team	4:30-8:00p Extreme Swim Team	
8:00-9:45p Lap Swim / Open Swim	8:00-9:45p Lap Swim / Open Swim	8:00-9:45p Lap Swim / Open Swim	8:00-9:45p Lap Swim / Open Swim	8:00-9:45p Lap Swim / Open Swim			

*Participants must present a membership ID or Student ID to swim.

*Parking is available west of the football stadium in between the baseball and softball fields, you will be ticketed if you park in an unauthorized parking lot without the appropriate UCO parking pass!

*The pool will be closed during football games!!

Please call the YMCA for questions or problems with the facility usage or the wellness center, contact your professor for any questions concerning credited hours.