



# WHEELER REGIONAL FAMILY YMCA LAP POOL SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

[www.wheelerYMCA.org](http://www.wheelerYMCA.org)

Effective 7.24.19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30AM - 10:00AM 4 LANES OPEN	5:30AM - 10:00AM 4 LANES OPEN	5:30AM - 10:00AM 4 LANES OPEN	5:30AM - 10:00AM 4 LANES OPEN	5:30AM - 10:00AM 4 LANES OPEN
10:00AM - 11:00AM 2 LANES OPEN	10:00AM - 11:00AM 2 LANES OPEN	10:00AM - 3:00PM 4 LANES OPEN	10:00AM - 11:00AM 2 LANES OPEN	10:00AM - 11:00AM 2 LANES OPEN
<b>DEEP WATER CARDIO</b> 2 LANES 10:00-10:45 APRIL	<b>DEEP WATER CARDIO</b> 2 LANES 10:00-10:45 APRIL		<b>DEEP WATER CARDIO</b> 2 LANES 10:00-10:45 APRIL	<b>DEEP WATER CARDIO</b> 2 LANES 10:00-10:45 APRIL
11:00AM - 4:30PM 3 LANES OPEN	11:00AM - 4:30PM 3 LANES OPEN	3:00PM - 4:30PM 4 LANES OPEN	11:00AM - 4:30PM 3 LANES OPEN	11:00AM - 5:45PM 3 LANES OPEN
4:30PM-8:00PM NO OPEN LANES SWIM TEAM PRACTICE	4:30PM-8:30PM NO OPEN LANES SWIM TEAM PRACTICE	4:30PM-8PM NO OPEN LANES SWIM TEAM PRACTICE	4:30PM-8PM NO OPEN LANES SWIM TEAM PRACTICE	5:45PM-7:30PM NO OPEN LANES SWIM TEAM PRACTICE
8:00PM- 8:45PM 4 LANES OPEN	8:30PM- 8:45PM 4 LANES OPEN	8:00PM- 8:45PM 4 LANES OPEN	8:00PM- 8:45PM 4 LANES OPEN	7:30PM- 8:45PM 4 LANES OPEN

SATURDAY	SUNDAY
7:00AM - 12:30PM 3 LANES OPEN 1 LANE CLOSED	7:00AM-9:00AM NO OPEN LANES SWIM TEAM PRACTICE
12:30PM -2:30PM NO OPEN LANES SWIM TEAM PRACTICE	9:00AM - 12:30PM 4 Open lanes
2:30PM-5:45PM 4 LANES OPEN	12:30PM -4:00PM NO OPEN LANES SWIM TEAM PRACTICE

**WATER FITNESS CLASSES:**  
**Deep Water Cardio:** Take a load off you feet and join us in a deep water cardio class! Using a waist support, this class will release joint pressure and give you a great work out at the same time!

**Please remember to shower before entering the pools or the spa. It helps to keep our water clean, and it's the law!**

Pool Schedule is subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.



# WHEELER REGIONAL FAMILY YMCA MULTIPURPOSE POOL SCHEDULE

\*Ramp area is always open

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860 793 9631

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Effective 7.24.19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30AM-6:00AM 3 OPEN LANES	5:30AM-6:00AM 3 OPEN LANES	5:30-8:00AM 3 OPEN LANES	5:30-6:00AM 3 OPEN LANES	5:30-6:00AM 3 OPEN LANES
6:00AM - 6:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	6:00AM - 6:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL		6:00AM - 6:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	6:00AM - 6:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL
6:45AM-8:00 AM 3 OPEN LANES	6:45AM - 9:00AM 3 OPEN LANES	8:00AM - 9:00AM 1 OPEN LANE POOLATES 2 LANES - APRIL	6:45AM - 9:00AM 3 OPEN LANES	6:45AM - 8:00AM 3 OPEN LANES
8:00AM - 9:00AM 1 OPEN LANE POOLATES 2 LANES - APRIL	9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	8:00AM - 9:00AM 1 OPEN LANE POOLATES 8:00am-9:00am APRIL
9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	9:45AM - 11:00AM 3 OPEN LANES	9:45AM - 4:15PM 3 OPEN LANES	9:45AM - 11:00AM 3 OPEN LANES	9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL
9:45AM - 4:15PM 3 OPEN LANES	11:00AM - 11:45AM 1 OPEN LANE Arthritis Water Fitness 2 LANES - ALCIA		11:00AM - 11:45AM 1 OPEN LANE Arthritis Water Fitness 2 LANES - ALCIA	9:45AM - 5:45PM 3 OPEN LANES
4:15PM - 7:15PM - zero degree only NO OPEN LANES	11:30AM - 4:15PM 3 OPEN LANES	4:15PM - 7:15PM zero degree only NO OPEN LANES	11:45AM - 4:15PM 3 OPEN LANES	5:45PM - 7:15PM zero degree only NO OPEN LANES
7:15PM - 8:45PM 3 OPEN LANES	4:15PM - 7:15PM zero degree only NO OPEN LANES	7:15PM - 8:45PM 3 OPEN LANES	4:15PM - 7:15PM zero degree only NO OPEN LANES	7:15PM - 8:45PM 3 OPEN LANES
	7:15PM - 8:15PM 1 OPEN LANE NEW Aquacise 2 LANES - APRIL		7:15PM - 8:45PM 3 OPEN LANES	
SPA CLOSED AT 3:00PM FOR WEEKLY CLEANING on SUNDAYS. MPP REMAINS OPEN.	8:15PM - 8:45PM 3 OPEN LANES	Pool Schedule is subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.		
		Parents with children 7 and younger MUST BE IN THE POOL IN ARMS REACH OF THEM AT ALL TIMES		

SATURDAY	SUNDAY
7:00AM - 7:15AM 3 LANES OPEN	8:00AM - 9:15AM 3 LANES OPEN
7:15AM - 8:15AM 1 OPEN LANE Shallow Water Fitness 2 LANES - LESLIE	9:15AM - 10:15AM 1 OPEN LANE Shallow Water Fitness 2 LANES - April
8:15AM-9:00AM 1 OPEN LANE 2 LANES CLOSED	10:15AM - 12:30PM 1 OPEN LANE 2 LANES CLOSED
9:00 AM - 12:45PM NO OPEN LANES - Zero Degree swimming only	12:30PM - 3:45PM 3 OPEN LANES
12:45PM - 5:45PM 3 OPEN LANES	

**WATER FITNESS CLASSES:**  
**Shallow Water Fitness:** Wake up and start your day with a comprehensive workout! This class includes stretching, toning, & core work. Feel refreshed & energized to enjoy the rest of your day! This is a great class for ALL Fitness Levels!  
**POOLATES:** Poolates@ offers a challenging mind-body workout for everyone – including swimmers and other aquatic exercisers, Pilates enthusiasts, dancers, and people in post-rehab

\*If the lap pool closes, Deep Water Cardio moves to the MPP and gets 2 lanes for class.

PLEASE NOTE CAMP IS IN THE MULTIPURPOSE POOL FROM 1:00PM-3:00PM MONDAY THROUGH FRIDAY UNTIL AUGUST 25TH.  
 PLEASE PLAN YOUR SWIM ACCORDINGLY AS THERE ARE ALOT OF CHILDREN IN THE POOL AT THESE TIMES.