



# WHEELER REGIONAL FAMILY YMCA LAP POOL SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

Effective 9.9.19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	7:00AM - 12:30PM 3 LANES OPEN 1 LANE CLOSED	7:00AM-9:00AM NO OPEN LANES SWIM TEAM PRACTICE
10:00AM - 11:00AM 2 LANES OPEN DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	10:00AM - 11:00AM 2 LANES OPEN DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	10:00AM - 3:00PM 4 LANES OPEN	10:00AM - 11:00AM 2 LANES OPEN DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	10:00AM - 11:00AM 2 LANES OPEN DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	12:30PM - 2:30PM NO OPEN LANES SWIM TEAM PRACTICE	9:00AM - 12:30PM 4 Open lanes
11:00AM - 4:00PM 3 LANES OPEN	11:00AM - 4:00PM 3 LANES OPEN	3:00PM - 4:00PM 4 LANES OPEN	11:00AM - 4:00PM 3 LANES OPEN	11:00AM - 4:00pm 3 LANES OPEN	2:30PM-5:45PM 4 LANES OPEN	12:30PM - 4:00PM NO OPEN LANES SWIM TEAM PRACTICE
4:15PM-8:00PM NO OPEN LANES SWIM TEAM PRACTICE	4:00PM-8:30PM NO OPEN LANES SWIM TEAM PRACTICE	4:15PM-8PM NO OPEN LANES SWIM TEAM PRACTICE	4:00PM-8PM OPEN LANES TEAM PRACTICE	4:00PM-7:30PM NO OPEN LANES Aquatic Programs & Swim Team		
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		

**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!

Please note swim team practice will not begin until 9.16.19



# WHEELER REGIONAL FAMILY YMCA MULTIPURPOSE POOL SCHEDULE

\*Ramp area is always open

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860 793 9631

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Effective 9.9.19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	7:00AM - 7:15AM 3 LANES OPEN	8:00AM - 9:15AM 3 LANES OPEN
6:00AM - 6:45AM 1 OPEN LANE	6:00AM - 6:45AM 1 OPEN LANE		6:00AM - 6:45AM 1 OPEN LANE	6:00AM - 6:45AM 1 OPEN LANE	7:15AM - 8:15AM 1 OPEN LANE	9:15AM - 10:15AM 1 OPEN LANE
Shallow Water Fitness 2 LANES - APRIL	Shallow Water Fitness 2 LANES - APRIL	8:00AM - 9:00AM 1 OPEN LANE POOLATES 2 LANES - APRIL	Shallow Water Fitness 2 LANES - APRIL	Shallow Water Fitness 2 LANES - APRIL	Shallow Water Fitness 2 LANES - LESLIE	Aqua Zumba 2 LANES - Diane
6:45AM-8:00 AM 3 OPEN LANES	6:45AM - 9:00AM 3 OPEN LANES	9:00AM - 9:45AM 1 OPEN LANE	6:45AM - 9:00AM 3 OPEN LANES	6:45AM - 8:00AM 3 OPEN LANES	8:15AM-9:00AM 1 OPEN LANE 2 LANES CLOSED	10:15AM - 12:30PM 1 OPEN LANE 2 LANES CLOSED
8:00AM - 9:00AM 1 OPEN LANE	9:00AM - 9:45AM 1 OPEN LANE	Shallow Water Fitness 2 LANES - APRIL	9:00AM - 9:45AM 1 OPEN LANE	8:00AM - 9:00AM 1 OPEN LANE	9:00 AM - 12:45PM NO OPEN LANES - Zero Degree swimming only	12:30PM - 3:45PM 3 OPEN LANES
POOLATES 2 LANES - APRIL	Shallow Water Fitness 2 LANES - APRIL	10:00AM - 11:00AM POOLATES-APRIL 2 LANES	Shallow Water Fitness 2 LANES - APRIL	POOLATES 8:00am-9:00am APRIL		
9:00AM - 9:45AM 1 OPEN LANE	9:45AM - 11:00AM 3 OPEN LANES	11:00AM-4:15pm 3 Lanes Open	9:45AM - 11:00AM 3 OPEN LANES	9:00AM - 9:45AM 1 OPEN LANE	12:45PM - 5:45PM 3 OPEN LANES	
Shallow Water Fitness 2 LANES - APRIL	10:45AM-11:30AM 1 OPEN LANE	Arthritis Water Fitness 2 LANES - ALYCIA	10:45AM-11:30AM 1 OPEN LANE	Shallow Water Fitness 2 LANES - APRIL		
9:45AM - 4:15PM 3 OPEN LANES	11:30AM - 4:15PM 3 OPEN LANES	4:15PM - 7:15PM zero degree only NO OPEN LANES	Arthritis Water Fitness 2 LANES - ALYCIA	9:45AM - 5:45PM 3 OPEN LANES		
4:15PM - 7:15PM - zero degree only NO OPEN LANES	4:15PM - 7:15PM zero degree only NO OPEN LANES	7:15PM - 8:45PM 3 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	7:15PM - 8:15PM 1 OPEN LANE		4:15PM - 7:15PM zero degree only NO OPEN LANES	4:15PM - 7:15PM zero degree only NO OPEN LANES	7:15PM - 8:45PM 3 OPEN LANES	
	NEW Aquacise 2 LANES - APRIL	7:15PM - 8:45PM 3 OPEN LANES	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.				

**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.

REMAINS OPEN.

POOL IN ARMS REACH UP THEM AT ALL TIMES

