



# WHEELER REGIONAL FAMILY YMCA LAP POOL SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

Effective 11.11.2019

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 - 1:00PM 3 LANES OPEN 1 LANE CLOSED	8:00 AM-9:00AM NO OPEN LANES SWIM TEAM PRACTICE
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	1:00PM-5:45PM 4 LANES OPEN	9:00AM - 12:00PM 4 Open lanes
DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL		DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL		
11:00AM - 3:15PM 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		12:00PM -4:00PM NO OPEN LANES SWIM TEAM PRACTICE
3:15PM-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 NO OPEN LANES SWIM TEAM PRACTICE	4:00PM-8:00PM 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	8:00PM- 8:45PM 2 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 11.11.2019

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	10:00AM - 11:00AM POOLATES-APRIL 2 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	10:45AM-11:30AM 1 OPEN LANE Arthritis Water Fitness 2 LANES - ALYCIA	11:00AM-4:15pm 3 Lanes Open	10:45AM-11:30AM 1 OPEN LANE Arthritis Water Fitness 2 LANES - ALYCIA	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 - 8:00PM zero degree only NO OPEN LANES	11:45AM - 4:15PM 3 OPEN LANES	5:45PM - 7:15PM zero degree only NO OPEN LANES
7:30PM - 8:45PM 1 OPEN LANE	4:15PM - 7:15PM zero degree only NO OPEN LANES	8:00PM-8:45PM 1 LANE OPEN	4:15PM - 7:15PM zero degree only NO OPEN LANES	7:15PM - 8:45PM 1 OPEN LANE
	7:15PM - 8:15PM 1 OPEN LANE NEW Aquacise 2 LANES - APRIL		7:15PM - 8:45PM 1 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 - 10:00AM 1 OPEN LANE Aqua Zumba 2 LANES - Diane
8:15AM-9:00AM 1 OPEN LANE 2 LANES CLOSED	10:00AM - 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 1 OPEN LANE	

**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.