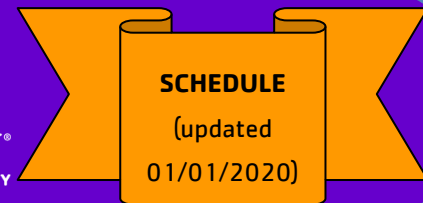


Multi-Purpose Pool Schedule



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MONDAY

Open Swim
5:00AM-6:00AM

Water Fitness Class*
6:00AM-6:45AM

Open Swim
6:45AM-8:00AM

Water Fitness Class* (Poolates)
8:00AM-9:00AM

Water Fitness Class*
9:00AM-10:45AM

Open Swim
10:45AM-4:30PM

Swim Lessons**
4:30PM-7:15PM

Open Swim
7:15PM-8:45PM

TUESDAY

Open Swim
5:00AM-6:00AM

Water Fitness Class*
6:00AM-6:45AM

Open Swim
6:45AM-9:00AM

Water Fitness Class*
9:00AM-9:45AM

Open Swim
9:45AM-10:45AM

Water Fitness Class* (Arthritis)
10:45AM-11:30AM

Open Swim
11:30AM-4:30PM

Swim Lessons**
4:30PM-7:30PM

Open Swim
7:30PM-8:45PM

WEDNESDAY

Open Swim
5:00AM-8:00AM

Water Fitness Class* (Poolates)
8:00AM-9:00AM

Water Fitness Class*
9:00AM-9:45AM

Water Fitness Class* (Poolates)
10:00AM-11:00AM

Open Swim
11:00AM-4:30PM

Swim Lessons**
4:30PM-7:30PM

Open Swim
7:30PM-8:45PM

THURSDAY

Open Swim
5:00AM-6:00AM

Water Fitness Class*
6:00AM-6:45AM

Open Swim
6:45AM-9:00AM

Water Fitness Class*
9:00AM-9:45AM

Open Swim
9:45AM-10:45AM

Water Fitness Class* (Arthritis)
10:45AM-11:30AM

Open Swim
11:45AM-4:30PM

Swim Lessons**
4:30PM-6:45PM

Open Swim
6:45PM-8:45PM

FRIDAY

Open Swim
5:00AM-6:00AM

Water Fitness Class*
6:00AM-6:45AM

Open Swim
6:45AM-8:00AM

Water Fitness Class* (Poolates)
8:00AM-9:00AM

Water Fitness Class*
9:00AM-9:45AM

Open Swim
9:45AM-4:30PM

Swim Lessons**
4:30PM-7:00PM

Family Swim
7:00PM-7:45PM

SATURDAY

Open Swim
7:00AM-7:15AM

Water Fitness Class*
7:15AM-8:15AM

Swim Lessons**
8:15AM-12:35PM

Family Swim
12:35PM-5:45PM

SUNDAY

Open Swim
7:00AM-9:15AM

Water Fitness Class* (Aqua Zumba)
9:15AM-10:00AM

Swim Lessons**
10:00AM-12:35PM

Family Swim
12:35PM-5:45PM

KEY

*Zero depth area open at this time (Red Zone)

**Zero depth area open at this time (Red Zone)

*Spa closed at 3:00PM for weekly cleaning on Sundays.

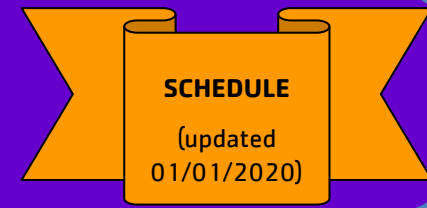
*Pool schedule subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.

*Parents with children 7 and younger MUST BE IN THE POOL WITHIN ARMS REACH OF THEM AT ALL TIMES.

Lap Pool Schedule



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MONDAY

5:00AM-3:00PM

4 Lanes Open

3:00PM-8:00PM

No Open Lanes

Swim Team Practice

8:00PM-8:45PM

4 Lanes Open

TUESDAY

5:00AM-3:15PM

4 Lanes Open

3:15PM-8:30PM

No Lanes Open

Swim Team Practice

8:30PM-8:45PM

4 Lanes Open

WEDNESDAY

5:00AM-3:00PM

4 Lanes Open

3:00PM-8:00PM

No Lanes Open

Swim Team Practice

8:00PM-8:45PM

4 Lanes Open

THURSDAY

5:00AM-3:15PM

4 Lanes Open

3:15PM-8:00PM

No Lanes Open

Swim Team Practice

8:00PM-8:45PM

4 Lanes Open

FRIDAY

5:00AM-4:00PM

4 Lanes Open

4:00PM-7:45PM

No Lanes Open

Aquatic Programs and
Swim Team Practice

SATURDAY

7:00AM-1:00PM

3 Lanes Open

1 Lane Closed

Aquatic Programs

1:00PM-5:45PM

4 Lanes Open

SUNDAY

8:00AM-9:00AM

No Open Lanes

Swim Team Practice

9:00AM-12:00PM

4 Lanes Open

12:00PM-4:00PM

No Open Lanes

Swim Team Practice

4:00PM-5:45PM

4 Lanes Open

KEY

*Spa closed at 3:00PM for weekly cleaning on Sundays.

*Pool schedule 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 WITHIN ARMS REACH OF THEM AT ALL TIMES.

*Please remember to shower before entering the pools or the spa. It