Multi-Purpose Pool Schedule the

FOR YOUTH DEVELOPMENT® **FOR HEALTHY LIVING** FOR SOCIAL RESPONSIBILITY

SCHEDULE (updated 01/01/2020)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Open Swim 5:00AM-6:00AM	Open Swim 5:00AM-8:00AM	Open Swim 5:00AM-6:00AM	Open Swim 5:00AM-6:00AM	Open Swim 7:00AM-7:15AM	Open Swim 7:00AM-9:15AM	KEY
Water Fitness Class* 6:00AM-6:45AM	Water Fitness Class* (Poolates) 8:00AM-9:00AM	Water Fitness Class* 6:00AM-6:45AM	Water Fitness Class* 6:00AM-6:45AM	Water Fitness Class* 7:15AM-8:15AM	Water Fitness Class* (Aqua Zumba) 9:15AM-10:00AM	*Zero depth area open at this time (Red Zone)
Open Swim 6:45AM-9:00AM	Water Fitness Class* 9:00AM-9:45AM	Open Swim 6:45AM-9:00AM	Open Swim 6:45AM-8:00AM	Swim Lessons** 8:15AM-12:35PM	Swim Lessons** 10:00AM-12:35PM	**Zero depth area open at this time (Red Zone)
Water Fitness Class* 9:00AM-9:45AM	Water Fitness Class* (Poolates) 10:00AM-11:00AM	Water Fitness Class* 9:00AM-9:45AM	Water Fitness Class* (Poolates) 8:00AM-9:00AM	Family Swim 12:35PM-5:45PM	Family Swim 12:35PM-5:45PM	*Spa closed at 3:00PM for weekly cleaning on Sundays.
Open Swim 9:45AM-10:45AM	Open Swim 11:00AM-4:30PM	Open Swim 9:45AM-10:45AM	Water Fitness Class* 9:00AM-9:45AM			*Pool schedule subject to change at
Water Fitness Class* (Arthritis) 10:45AM-11:30AM	Swim Lessons** 4:30PM-7:30PM	Water Fitness Class* (Arthritis) 10:45AM-11:30AM	Open Swim 9:45AM-4:30PM			any time based on the needs of scheduled program activities,
Open Swim 11:30AM-4:30PM	Open Swim 7:30PM-8:45PM	Open Swim 11:45AM-4:30PM	Swim Lessons** 4:30PM-7:00PM			YMCA events, and inclement weather.
Swim Lessons** 4:30PM–7:30PM		Swim Lessons** 4:30PM-6:45PM	Family Swim 7:00PM-7:45PM			*Parents with children 7 and younger MUST BE IN THE POOL
Open Swim 7:30PM–8:45PM		Open Swim 6:45PM-8:45PM				WITHIN ARMS REACH OF THEM AT ALL TIMES.
	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 5:00AM-6:00AM Water Fitness Class* 6:00AM-6:45AM Open Swim 6:45AM-9:00AM Water Fitness Class* 9:00AM-9:45AM 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	Open Swim 5:00AM-6:00AM Open Swim 5:00AM-8:00AM Open Swim 5:00AM-6:00AM Water Fitness Class* 6:00AM-6:45AM Water Fitness Class* 6:00AM-6:45AM Water Fitness Class* 6:00AM-6:45AM Open Swim 6:45AM-9:00AM Water Fitness Class* 9:00AM-9:45AM Open Swim 6:45AM-9:00AM Water Fitness Class* 9:00AM-9:45AM Water Fitness Class* 9:00AM-9:45AM Water Fitness Class* 9:00AM-9:45AM Open Swim 9:45AM-10:45AM Open Swim 11:00AM-4:30PM Open Swim 9:45AM-10:45AM Water Fitness Class* (Arthritis) 10:45AM-11:30AM Swim Lessons** 4:30PM-7:30PM Water Fitness Class* (Arthritis) 10:45AM-11:30AM Open Swim 11:30AM-4:30PM Open Swim 7:30PM-8:45PM Open Swim 11:45AM-4:30PM Swim Lessons** 4:30PM-7:30PM Swim Lessons** 4:30PM-6:45PM Open Swim 1:45AM-4:30PM Open Swim 1:45AM-4:30PM	Open Swim 5:00AM-6:00AM Open Swim 5:00AM-8:00AM Open Swim 5:00AM-6:00AM Water Fitness Class* 6:00AM-6:45AM Water Fitness Class* 6:00AM-6:45AM Water Fitness Class* 6:00AM-6:45AM Water Fitness Class* 6:00AM-6:45AM Open Swim 6:45AM-9:00AM Water Fitness Class* (Poolates) 8:00AM-9:00AM Water Fitness Class* (Poolates) 8:00AM-9:00AM Water Fitness Class* (Poolates) 8:00AM-9:00AM Open Swim 9:45AM-10:45AM Water Fitness Class* (Poolates) 8:00AM-9:00AM Water Fitness Class* (Poolates) 8:00AM-9:00AM Open Swim 9:45AM-10:45AM Water Fitness Class* (Poolates) 8:00AM-9:00AM Open Swim 9:45AM-10:45AM Open Swim 9:45AM-10:45AM Open Swim 9:45AM-10:45AM Open Swim 11:30AM-4:30PM Open Swim 11:45AM-4:30PM Open Swim 11:45AM-4:30PM Swim Lessons** 4:30PM-7:30PM Family Swim 7:00PM-7:45PM Open Swim 1:20AM 2:45PM Open Swim 1:20AM-6:45PM Open Swim 7:00PM-7:45PM Open Swim 7:00PM-7:45PM	Open Swim 5:00AM-6:00AM Open Swim 5:00AM-8:00AM Open Swim 5:00AM-6:00AM Open Swim 5:00AM-6:00AM Open Swim 5:00AM-6:00AM Open Swim 7:00AM-7:15AM Water Fitness Class* 6:00AM-6:45AM Water Fitness Class* 6:00AM-6:45AM Water Fitness Class* 6:00AM-6:45AM Water Fitness Class* 7:15AM-8:15AM Open Swim 6:45AM-9:00AM Water Fitness Class* 0:00AM-9:45AM Open Swim 6:45AM-9:00AM Open Swim 6:45AM-8:00AM Water Fitness Class* 10:00AM-9:45AM Water Fitness Class* 0:00AM-9:45AM Water Fitness Class* 0:00AM-9:45AM Water Fitness Class* 0:00AM-9:45AM Water Fitness Class* 0:00AM-9:45AM Family Swim 12:35PM-5:45PM Open Swim 9:45AM-10:45AM Open Swim 11:00AM-4:30PM Open Swim 9:45AM-10:45AM Water Fitness Class* 0:00AM-9:45AM Family Swim 12:35PM-5:45PM Water Fitness Class* (Poolates) 10:00AM-1:00AM Open Swim 11:00AM-4:30PM Water Fitness Class* 0:00AM-9:45AM Open Swim 9:45AM-10:45AM Water Fitness Class* 0:00AM-9:45AM Open Swim 9:45AM-10:45AM Open Swim 9:45AM-4:30PM Family Swim 12:35PM-7:00PM Swim Lessons** 4:30PM-7:30PM Swim Lessons** 4:30PM-6:45PM Family Swim 7:00PM-7:45PM Family Swim 7:00PM-7:45PM Open Swim 10:00AM-0:00AM Open Swim 10:00AM-0:00AM Open Swim 10:00AM-0:00AM Open Swim 10:00AM-0:00AM Open Swim	Open Swim 5:00AM-6:00AM Open Swim 5:00AM-6:00AM Open Swim 5:00AM-6:00AM Open Swim 5:00AM-6:00AM Open Swim 7:00AM-7:15AM Water Fitness Class* 6:00AM-6:45AM Water Fitness Class* 7:15AM-8:15AM Water Fitness Class* 6:00AM-6:45AM Water Fitness Class* 7:15AM-8:15AM Water Fitness Class* 8:00AM-9:00AM Open Swim 6:45AM-8:00AM Swim Lessons** 8:15AM-12:35PM Swim Lessons** 10:00AM-12:35PM Swim Lessons** 10:00AM-12:35PM Family Swim 12:35PM-5:45PM Family Swim 12:35PM-7:00PM Family Swim 12:35PM-7:00PM Family Swim 12:35PM-7:00PM Family Swim 12:35PM-7:00PM Family Swim 12:35PM-7:45PM Family Swim 12:35PM-7:00PM Family Swim 12:35PM-7:00PM Family Swim 12:30PM-7:45PM Family Swim 12:30PM-7:45PM Family Swim 12:30PM-7:45PM Family Swim 12:30PM-7:45PM Family Swim 12:30PM-7:45PM

Lap Pool Schedule



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY



MONDAY TUESDAY FRIDAY WEDNESDAY THURSDAY SATURDAY SUNDAY 5:00AM-4:30PM 5:00AM-4:30PM 5:00AM-4:00PM 7:00AM-8:15AM 5:00AM-4:15PM 7:00AM-9:00AM 5:00AM-4:15PM 4 Lanes Open No Open Lanes 4 Lanes Open **Swim Team Practice** 4:15PM-8:00PM 4:00PM-7:45PM 4:30PM-8:00PM 4:15PM-8:30PM 8:15AM-12:35PM 4:30PM-8:00PM 9:00AM-12:15PM No Lanes Open No Lanes Open No Lanes Open No Lanes Open 3 Lanes Open 4 Lanes Open No Open Lanes **Swim Team Practice** Aquatic Programs and **Swim Team Practice Swim Team Practice** 1 Lane Closed **Swim Team Practice Swim Team Practice** 8:30PM-8:45PM **Swim Lessons** 12:15PM-4:00PM 8:00PM-8:45PM 8:00PM-8:45PM 8:00PM-8:45PM 12:25PM-5:45PM No Open Lanes 4 Lanes Open 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