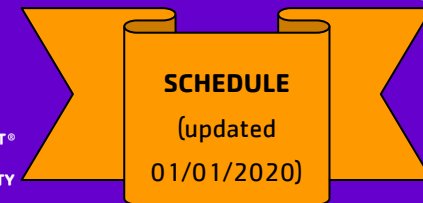


# Multi-Purpose Pool Schedule



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.

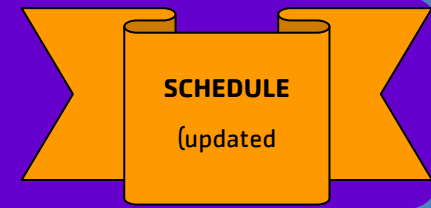
\*Pool schedule subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.

\*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-4:30PM

4 Lanes Open

4:30PM-8:00PM

No Open Lanes

Swim Team Practice

8:00PM-8:45PM

4 Lanes Open

## TUESDAY

5:00AM-4:15PM

4 Lanes Open

4:15PM-8:30PM

No Lanes Open

Swim Team Practice

8:30PM-8:45PM

4 Lanes Open

## WEDNESDAY

5:00AM-4:30PM

4 Lanes Open

4:30PM-8:00PM

No Lanes Open

Swim Team Practice

8:00PM-8:45PM

4 Lanes Open

## THURSDAY

5:00AM-4:15PM

4 Lanes Open

4:15PM-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-8:15AM

4 Lanes Open

8:15AM-12:35PM

3 Lanes Open

1 Lane Closed

Swim Lessons

12:25PM-5:45PM

4 Lanes Open

## SUNDAY

7:00AM-9:00AM

No Open Lanes

Swim Team Practice

9:00AM-12:15PM

4 Lanes Open

12:15PM-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