

HALE YMCA Youth & Family Center

Aquatics Schedule - Lap Pool



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Session - Spring 1

3/6/20 - 4/05/20

MONDAY

Pool Opens 5 AM

5:00 AM - 6:00 AM

Lap Swim (5 Lanes)

Adult Master Swim Club
(Lanes 4,5,6)

6:00 AM - 8:00 AM

Lap Swim (8 Lanes)

8:00 AM - 9:00 AM

Lap Swim (4 Lanes)

Aqua Fitness (4 Lanes)

9:00 AM - 3:30 PM

Lap Swim (8 Lanes)

3:30 PM - 4:30 PM

Lap Swim (6 Lanes)

Family Swim (2 Lane)

4:30 PM - 5:00 PM

Lap Swim (5 Lanes)

Family Swim (2 Lanes)
Swim Lessons (1 Lane)

5:00 PM - 6:30 PM

Lap Swim (3 Lanes)

Swim Team (4 Lanes)
Swim Lessons (1 Lane)

6:30 PM - 7:30 PM

Lap Swim (4 Lanes)

Swim Team (4 Lanes)

7:30 PM - 8:30 PM

Lap Swim (8 Lanes)

Pool Closes 8:30 PM

TUESDAY

Pool Opens 5 AM

5:00 AM - 8:45 AM

Lap Swim (8 Lanes)

8:45 AM - 10:00 AM

Lap Swim (4 Lanes)

Aqua Fitness (4 Lanes)

10:00 AM - 3:30 PM

Lap Swim (8 Lanes)

3:30 PM - 4:30 PM

Lap Swim (6 Lanes)

Family Swim (2 Lane)

4:30 PM - 5:00 PM

Lap Swim (5 Lanes)

Family Swim (2 Lanes)
Swim Lessons (1 Lane)

5:00 PM - 5:30 PM

Lap Swim (3 Lanes)

Swim Team (4 Lanes)
Swim Lessons (1 Lane)

5:30 PM - 6:30 PM

Lap Swim (1 Lane)

Swim Team (4 Lanes)
Aqua Fitness (2 Lanes)
Swim Lessons (1 Lane)

6:30 PM - 7:30 PM

Lap Swim (4 Lanes)

Swim Team (4 Lanes)

7:30 PM - 8:30 PM

Lap Swim (8 Lanes)

Pool Closes 8:30 PM

WEDNESDAY

Pool Opens 5 AM

5:00 AM - 6:00 AM

Lap Swim (5 Lanes)

Adult Master Swim Club
(Lanes 4,5,6)

6:00 AM - 8:00 AM

Lap Swim (8 Lanes)

8:00 AM - 9:00 AM

Lap Swim (4 Lanes)

Aqua Fitness (4 Lanes)

9:00 AM - 3:30 PM

Lap Swim (8 Lanes)

3:30 PM - 4:30 PM

Lap Swim (6 Lanes)

Family Swim (2 Lane)

4:30 PM - 5:00 PM

Lap Swim (5 Lanes)

Family Swim (2 Lanes)
Swim Lessons (1 Lane)

5:00 PM - 6:30 PM

Lap Swim (3 Lanes)

Swim Team (4 Lanes)
Swim Lessons (1 Lane)

6:30 PM - 7:30 PM

Lap Swim (2 Lanes)

Swim Team (4 Lanes)
Aqua Zumba (2 Lanes)

7:30 PM - 8:30 PM

Lap Swim (8 Lanes)

Pool Closes 8:30 PM

THURSDAY

Pool Opens 5 AM

5:00 AM - 8:45 AM

Lap Swim (8 Lanes)

8:45 AM - 10:00 AM

Lap Swim (4 Lanes)

Aqua Fitness (4 Lanes)

10:00 AM - 3:30 PM

Lap Swim (8 Lanes)

3:30 PM - 4:30 PM

Lap Swim (6 Lanes)

Family Swim (2 Lane)

4:30 PM - 5:00 PM

Lap Swim (5 Lanes)

Family Swim (2 Lanes)
Swim Lessons (1 Lane)

5:00 PM - 5:30 PM

Lap Swim (3 Lanes)

Swim Team (4 Lanes)
Swim Lessons (1 Lane)

5:30 PM - 6:30 PM

Lap Swim (1 Lane)

Swim Team (4 Lanes)
Aqua Fitness (2 Lanes)
Swim Lessons (1 Lane)

6:30 PM - 7:30 PM

Lap Swim (4 Lanes)

Swim Team (4 Lanes)

7:30 PM - 8:30 PM

Lap Swim (8 Lanes)

Pool Closes 8:30 PM

FRIDAY

Pool Opens 5 AM

5:00 AM - 6:00 AM

Lap Swim (5 Lanes)

Adult Master Swim Club
(Lanes 4,5,6)

6:00 AM - 8:00 AM

Lap Swim (8 Lanes)

8:00 AM - 9:00 AM

Lap Swim (4 Lanes)

Aqua Fitness (4 Lanes)

9:00 AM - 3:30 PM

Lap Swim (8 Lanes)

3:30 PM - 4:30 PM

Lap Swim (6 Lanes)

Family Swim (2 Lane)

4:30 PM - 5:00 PM

Lap Swim (5 Lanes)

Family Swim (2 Lanes)
Swim Lessons (1 Lane)

5:00 PM - 6:30 PM

Lap Swim (3 Lanes)

Swim Team (4 Lanes)
Swim Lessons (1 Lane)

6:30 PM - 7:30 PM

Lap Swim (4 Lanes)

Swim Team (4 Lanes)

Pool Closes 7:30 PM

SATURDAY

Pool Opens 7 AM

7:00 AM - 9:00 AM

Lap Swim (8 Lanes)

9:00 AM - 12:00 PM

Lap Swim (7 Lanes)

Swim Lessons (1 Lane)

12:00 PM - 3:00 PM

Lap Swim (6 Lanes)

Family Swim (2 Lane)

3:00 PM - 5:30 PM

Lap Swim (8 Lanes)

Pool Closes 5:30
PM

SUNDAY

Pool Opens 7 AM

7:00 AM - 10:30 AM

Lap Swim (8 Lanes)

10:30 AM - 11:30 AM

Lap Swim (7 Lanes)

Swim Lessons (1 Lane)

12:00 PM - 3:00 PM

Lap Swim (6 Lanes)

Family Swim (2 Lane)

3:00 PM - 5:30 PM

Lap Swim (8 Lanes)

Pool Closes 5:30
PM

HALE YMCA Youth & Family Center

Aquatics Schedule - Warm Water Pool



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Session - Spring1

3/6/20 - 4/5/20

MONDAY

Pool Opens 7 AM

7:00 AM - 8:00 AM
Adult Leisure
Family swim in shallow end
8:00 AM - 12:00 PM
Family Swim
12:00 PM - 1:00 PM
Silver Sneakers SPLASH
Family swim in shallow end
1:00 PM - 4:30 PM
Family Swim
4:30 PM - 6:30 PM
Swim Lessons
Family swim in shallow end
6:30 PM - 8:30 PM
Family Swim

Pool Closes 8:30 PM

TUESDAY

Pool Opens 7 AM

7:00 AM - 8:00 AM
Adult Leisure
Family swim in shallow end
8:00 AM - 12:00 PM
Family Swim
12:00 PM - 1:00 PM
Silver Sneakers SPLASH
Family swim in shallow end
1:00 PM - 4:30 PM
Family Swim
4:30 PM - 6:30 PM
Swim Lessons
Family swim in shallow end
6:30 PM - 8:30 PM
Family Swim

Pool Closes 8:30 PM

WEDNESDAY

Pool Opens 7 AM

7:00 AM - 8:00 AM
Adult Leisure
Family swim in shallow end
8:00 AM - 12:00 PM
Family Swim
12:00 PM - 1:00 PM
Silver Sneakers SPLASH
Family swim in shallow end
1:00 PM - 4:30 PM
Family Swim
4:30 PM - 6:30 PM
Swim Lessons
Family swim in shallow end
6:30 PM - 8:30 PM
Family Swim

Pool Closes 8:30 PM

THURSDAY

Pool Opens 7 AM

7:00 AM - 8:00 AM
Adult Leisure
Family swim in shallow end
8:00 AM - 12:00 PM
Family Swim
12:00 PM - 1:00 PM
Silver Sneakers SPLASH
Family swim in shallow end
1:00 PM - 4:30 PM
Family Swim
4:30 PM - 6:30 PM
Swim Lessons
Family swim in shallow end
6:30 PM - 8:30 PM
Family Swim

Pool Closes 8:30 PM

FRIDAY

Pool Opens 7 AM

7:00 AM - 8:00 AM
Adult Leisure
Family swim in shallow end
8:00 AM - 12:00 PM
Family Swim
12:00 PM - 1:00 PM
Silver Sneakers SPLASH
Family swim in shallow end
1:00 PM - 4:30 PM
Family Swim
4:30 PM - 6:30 PM
Swim Lessons
Family swim in shallow end
6:30 PM - 7:30 PM
Family Swim

Pool Closes 7:30 PM

SATURDAY

Pool Opens 9 AM

9:00 AM - 9:30 AM
Family swim
9:30 AM - 12:00 AM
Swim Lessons
Family Swim in shallow end
12:00 AM - 1:00 PM
Family swim
1:00 PM - 3:00 PM
Shared Pool
Family Swim/Birthday Parties
3:00 PM - 5:30 PM
Family Swim

Pool Closes 5:30
PM

SUNDAY

Pool Opens 9 AM

9:00 AM - 9:30 AM
Family Swim
9:30 AM - 12:00 PM
Swim Lessons
Family swim in shallow end
12:00 PM - 1:00 PM
Family Swim
1:00 PM - 3:00 PM
Shared Pool
Family Swim/Birthday Parties
3:00 PM - 5:30 PM
Family Swim

Pool Closes 5:30
PM