



DOWNTOWN YMCA AQUATICS SCHEDULE -Downtown YMCA POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860.522.4183

www.downtownYMCA.org

Winter 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM-10:00AM Lap/Open Swim (4 Lanes)	5:00AM-5:30PM Lap/Open Swim (4 Lanes)	5:00AM-10:00AM Lap/Open Swim (4 Lanes)	5:00AM-5:30PM Lap/Open Swim (4 Lanes)	5:00AM-5:30PM Lap/Open Swim (4 Lanes)	7:00AM-9:00AM Lap/Open Swim (4 Lanes)	9:00AM-10:00 AM Lap/Open Swim (4 Lanes)
10:00AM-10:45AM Silver Sneakers Splash (2 Lanes) Lap/Open Swim (2 Lanes)		10:00AM-10:45AM Lap/Open Swim (2 Lanes) AquaFit (2 lanes)			9:00AM-12:30PM Swim Lessons (3 Lanes) Lap/Open Swim (1 Lane) designated areas	10:00AM- 2:30PM Family Swim (1 Lane) Open/Lap Swim(2 Lanes) Private Lessons (1 Lane)
10:45AM-12:15PM Lap/Open Swim (4 Lanes)		10:45AM-5:30PM Lap/Open Swim (4 Lanes)			Pool Closes at 12:30pm	Pool Closes at 2:30pm
12:15PM-1:00PM Lap/Open Swim (2 Lanes) Flipper (2 Lanes)	5:30 PM-7:45PM Swim Lessons (3 Lanes) Lap/Open Swim (1 Lane) designated areas	5:30PM-7:45PM Swim Lessons (3 Lanes) Lap/Open Swim (1 Lane) designated areas	5:30 PM-7:45PM Swim Lessons (3 Lanes) Lap/Open Swim (1 Lane) designated areas	5:30 PM-6:30PM Swim Lessons (2 Lanes) Lap/Open Swim (2 Lane) designated areas	Pool Closes at 8:30PM	
1:00PM-5:30PM Lap/Open Swim (4 Lanes)	7:45PM-8:30PM Lap/Open Swim (4 Lanes)	7:45PM-8:30PM Lap/Open Swim (4 Lanes)	7:45PM-8:30PM Lap/Open Swim (4 Lanes)	6:30PM-8:30PM Family Swim (1 Lane) *Please note classes run until 7:15PM (2 lanes are in use) Lap/Open Swim (1Lane) *3 Lanes will be available at 7:15PM		
5:30PM-7:45PM Swim Lessons (3 Lanes) Lap/Open Swim (1 Lane) designated areas	Pool Closes at 8:30PM	Pool Closes at 8:30PM	Pool Closes at 8:30PM			
7:45PM-8:30PM Lap/Open Swim (4 Lanes)						
Pool Closes at 8:30PM						

Rules:

Swimming Classes: Happen every evening Monday through Friday as well as Saturday mornings...lanes are limited during lesson times.

Lap Swim: Swimmers must swim full pool lengths continuously. Please share lanes if all lanes are taken. "Circle Swimming" rules apply when two or more swimmers share a lane. Please allow faster swimmers to pass when necessary.

Portions of the lap pool may be used for rentals/birthday parties through out the year. Please see Aquatic's staff for more information.

Spring Session 1 Swim Lessons start February 24th!

*****Sign up at the Welcome Center**

Private & Semi-Private Packages Available.

*****New Packages and prices**

******Contact Aquatic Director for more information**

IMPORTANT INFORMATION:

Schedule updated 2/4/2020

Schedule effective until 4/5/2020

For updates, visit www.downtownYMCA.org or like us on Facebook!