

Multi-Purpose Pool Schedule



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SCHEDULE

(3/1/20 -
5/1/20)

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-6:45PM

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

Water Fitness
(Aqua Strength)
7:15PM-8:00PM

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-7:15PM

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-6:30PM

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-7:15PM

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)
9:00-9:45AM

Swim Lessons**
9:30AM-1:05PM

Family Swim
12:35PM-5:45PM

KEY

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

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

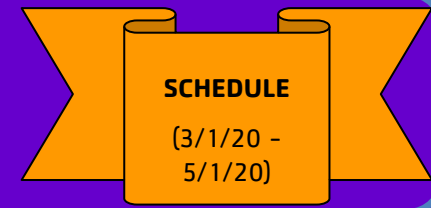
*Pool schedule subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.

*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-6:00PM

4 Lanes Open

6:00-8:00PM

No Open Lanes

Swim Team Practice

8:00PM-8:45PM

4 Lanes Open

TUESDAY

5:00AM-6:30PM

4 Lanes Open

6:30-8:00PM

No Lanes Open

Swim Team Practice

8:30PM-8:45PM

4 Lanes Open

WEDNESDAY

5:00AM-6:00PM

4 Lanes Open

6:00-8:00PM

No Lanes Open

Swim Team Practice

8:00PM-8:45PM

4 Lanes Open

THURSDAY

5:00AM-6:30PM

4 Lanes Open

6:30-8:00PM

No Lanes Open

Swim Team Practice

8:00PM-8:45PM

4 Lanes Open

FRIDAY

5:00AM-4:00PM

4 Lanes Open

Swim Lessons

(Aqua Buddies)

4:00PM-5:00PM

5:00PM-7:45PM

4 Lanes Open

SATURDAY

7:00AM-1:00PM

3 Lanes Open

1 Lane Closed

1:00PM-5:45PM

4 Lanes Open

SUNDAY

9:00AM-2:30PM

4 Lanes Open

2:30-4:00PM

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