



Lap Pool

August 15th - August 31st

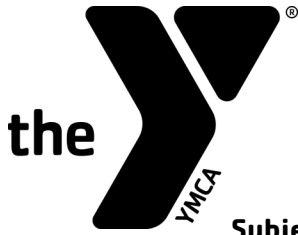
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Subject to change , please see mobile app for the most up-to-date schedule or notifications.
Lap swim/exercise available in lanes not used by programs on schedule (the lap pool has 6 lanes).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:00 Lap Swim- 6 lanes	5:00-9:00 Lap Swim- 6 lanes	5:00-9:00 Lap Swim- 6 lanes	5:00-9:00 Lap Swim- 6 lanes	5:00-9:00 Lap Swim- 6 lanes	7:00-9:00 Lap Swim- 6 lanes	
9:00-10:00 Active Fitness Lap Swim- 1 lane	9:00-10:00 Deep Water Boot Lap Swim - 2 lanes	9:00-10:00 Active Fitness Lap Swim- 1 lane	9:00-10:00 Deep Water Boot Lap Swim - 2 lanes	9:00-10:00 Active Fitness Lap Swim- 1 lane	9:00-12:00 Lessons - 2 lanes Lap Swim- 4 lanes	
10:00-11:00 Lap Swim- 6 lanes						
11:00-12:00 Deep Water Running - 3 lanes Lap swim - 3 lanes	10:00-4:00 Lap Swim- 6 lanes	10:00-4:00 Lap Swim- 6 lanes		10:00-4:15 Lap Swim- 6 lanes		
12:00-4:00 Lap Swim- 6 lanes					12:00-5:30 Lap Swim- 6 lanes	11:00-5:30 Lap Swim- 6 lanes
4:00-5:45 Lessons - 3 lanes Lap Swim - 3 lanes	4:00-5:45 Lessons - 3 lanes Lap Swim - 3 lanes	4:00-5:45 Lessons - 3 lanes Lap Swim - 3 lanes	10:00-9:30 Lap Swim- 6 lanes	4:15-5:00 Deep Water Running - 3 lanes		
5:45-9:30 Lap Swim- 6 lanes	5:45-9:30 Lap Swim- 6 lanes	5:45-9:30 Lap Swim- 6 lanes		5:00-9:30 Lap Swim- 6 lanes		

Helpful Things To Know

- Swimmers should ALWAYS share available lap lanes - circle swimming during peak pool usage times is encouraged. Please make sure the swimmer knows you are joining them prior to starting your lap swim.
- Please limit swim time when others are waiting.
- Please review minimum age guidelines listed on the reverse side of this schedule.
- You must be at least 15 years of age and wearing appropriate attire to use the Whirlpool, Sauna and Steam Room.
- Underwater breath holding activities are prohibited in YMCA pools. Please review all posted pool rules prior to swimming.



Leisure Pool

August 15th - August 31st


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 = Indicates water features in use - a Swim Test is required for anyone to use the Slide.

SPLASH PAD IS ONLY AVAILABLE DURING OPEN and LIMITED OPEN SWIM TIMES.

- Children under 10 - parent/adult guardian should remain in pool area at all times.
- Children under 10 are automatically designated a non-swimmer unless they can pass the swim test.
- Non-swimmers are restricted to the shallow end and must be actively supervised and within arm's reach of a parent or adult guardian at all times.
- Except for program participants, the Splash Pad is only available during Open and Limited Open Swim times.
- Parent/adult guardian must remain within arms' length of children using Splash Pad.
- Only US Coast Guard flotation devices should be used and are available on the pool deck.
- Physical Therapy hours are Monday/Wednesday/Friday between 8am-4pm. Pool will be divided to show the physical therapy area. Members are not to enter physical therapy area unless given permission.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:15 Aquanastics*		8:30-9:15 Aquanastics*		8:30-9:15 Aquanastics*		
9:15-10:00 Aqua Arthritis		9:15-10:00 Aqua Arthritis		9:15-10:00 Aqua Arthritis		
10:00-10:30 Childcare	10:00-10:30 Childcare	10:00-10:30 Childcare	10:00-10:30 Childcare	10:00-10:30 Childcare		
10:15-11:00 WET	10:30-12:15 Lessons	10:15-11:00 WET		10:15-11:00 WET		
					12:00-3:00 OPEN SWIM	
2:15-3:00 Silver Splash		2:15-3:00 Silver Splash				12:00-5:00 OPEN SWIM
					3:00-5:00 OPEN SWIM	
4:00- 5:45 Lessons	3:30-6:00 Lessons	4:00-5:45 Lessons				
6:00-6:45 Aqua Zumba		6:00-6:45 Aqua Zumba		4:00-6:00 OPEN SWIM		
	6:00-8:00 OPEN SWIM 		6:00-8:00 OPEN SWIM	6:00-8:00 OPEN SWIM		