



Leisure Pool

August 1 – 7

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool schedule subject to change.



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

- Children under 10 – parent/adult guardian must remain in pool area.
- Children under 10 are automatically considered non-swimmers unless they can pass the swim test.
- Non-swimmers are restricted to shallow pool areas. Those under the age of 10 must be within arm's reach of a parent/guardian.
- Splash Pad is available during Open Swim times.
- During lesson times, Splash Pad may only be used by scheduled swimmers before and after their lesson.
- Only US Coast Guard flotation devices should be used and are available on the pool deck.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 – 9:00 Aquanastics	8:30 – 10:15 Open Swim/ Private Lessons 	8:15 – 9:00 Aquanastics	8:30 – 10:15 Open Swim/ Private Lessons	8:15 – 9:00 Aqua Arthritis	8:45 – 11:45 Open Swim/ Private Lessons	
9:10 – 9:55 Aqua Arthritis		9:10 – 9:55 Aqua Arthritis		9:10 – 9:55 Aqua Arthritis		
10:00 – 10:30 Self-Led Water Exercise Time		10:00 – 10:30 Child Care/Self-Led Water Exercise Time		10:00 – 10:30 Self-Led Water Exercise Time		
10:30 – 12:15 Open Swim/ Private Lessons	10:30 – 11:00 Child Care	10:30 – 12:00 Open Swim 	10:30 – 12:00 Open Swim 	10:30 – 11:00 Child Care	12:00 – 1:00 Birthday Party 	12:00 – 1:00 Birthday Party
12:20 – 1:20 Camp 	12:20 – 1:20 Camp 	12:20 – 1:20 Camp 	12:20 – 1:20 Camp 	12:00 – 6:00 Open Swim 		
1:25 – 2:00 Open Swim 	1:30 – 3:00 Open Swim 		1:30 – 3:00 Open Swim 		1:00 – 3:00 Open Swim 	1:00 – 3:00 Open Swim
2:15 – 3:00 Silver Splash		2:15 – 3:00 Silver Splash			3:00 – 5:00 Open Swim 	3:00 – 5:00 Open Swim
3:45 – 5:45 Open Swim/ Private Lessons	4:00 – 7:00 Open Swim/ Private Lessons	3:45 – 5:45 Open Swim/ Private Lessons	3:00 – 6:00 Open Swim 	 		
6:00 – 6:45 Aqua Zumba®		6:00 – 6:45 Aqua Zumba®				



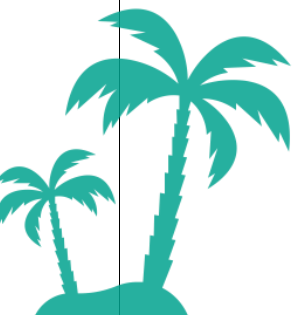
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lap Pool

August 1 – 7

Pool schedule subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 – 8:55 Lap Swim – 6 lanes	5:00 – 8:55 Lap Swim – 6 lanes	5:00 – 8:55 Lap Swim – 6 lanes	5:00 – 8:55 Lap Swim – 6 lanes	5:00 – 8:55 Lap Swim – 6 lanes	7:00 – 9:00 Lap Swim – 6 lanes	   
9:00 – 9:45 Active Fitness – 5 lanes Lap Swim – 1 lane	9:00 – 10:00 Deep Water Fitness – 4 lanes Lap Swim – 2 lanes	9:00 – 9:45 Active Fitness – 5 lanes Lap Swim – 1 lane	9:00 – 10:00 Deep Water Fitness – 4 lanes Lap Swim – 2 lanes	9:00 – 9:45 Active Fitness – 5 lanes Lap Swim – 1 lane	9:00 – 11:00 Lessons – 3 lanes Lap Swim – 3 lanes	
9:50 – 10:35 Active Fitness – 4 lanes Lap Swim – 2 lanes	10:00 – 4:00 Lap Swim – 6 lanes	9:50 – 10:35 Active Fitness – 4 lanes Lap Swim – 2 lanes	10:00 – 4:00 Lap Swim – 6 lanes	9:50 – 10:35 Active Fitness – 4 lanes Lap Swim – 2 lanes		
10:40 – 11:00 Lap Swim – 6 lanes		10:40 – 12:15 Lap Swim – 6 lanes		10:40 – 4:15 Lap Swim – 6 lanes		
11:00 – 12:00 Deep Water Running – 3 lanes Lap Swim – 3 lanes						
12:00 – 12:20 Lap Swim – 6 lanes						
12:20 – 1:20 Camp – 2 lanes Lap Swim – 4 lanes						
1:30 – 4:00 Lap Swim – 6 lanes		12:20 – 1:20 Camp – 2 lanes Lap Swim – 4 lanes			11:00 – 5:30 Lap Swim – 6 lanes	11:00 – 5:30 Lap Swim – 6 lanes
		1:30 – 4:00 Lap Swim – 6 lanes				
4:00 – 6:00 Lessons – 3 lanes Lap Swim – 3 lanes	4:00 – 7:00 Lessons – 3 lanes Lap Swim – 3 lanes	4:00 – 6:00 Lessons – 3 lanes Lap Swim – 3 lanes	4:00 – 7:00 Lessons – 3 lanes Lap Swim – 3 lanes	4:15 – 5:00 Deep Water Running – 4 lanes Lap Swim – 2 lanes		
6:00 – 9:30 Lap Swim – 6 lanes	7:00 – 9:30 Lap Swim – 6 lanes	6:00 – 9:30 Lap Swim – 6 lanes	7:00 – 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.
- 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.