

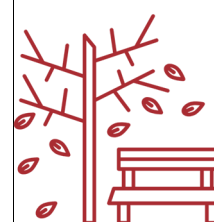


Leisure Pool

October 1 – 31

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. Ages 10 and under require guardian to be within arm's reach. • 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 floatation devices should be used and are available on the pool deck.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 – 9:15 Aquanastics		8:30 – 9:15 Aquanastics	8:30 – 9:15 Aquanastics	8:30 – 9:15 Aqua Arthritis	9:00 – 11:00 Open Swim 	
9:30 – 10:15 Aqua Arthritis		9:30 – 10:15 Aqua Arthritis	9:30 – 10:15 Aqua Arthritis	9:30 – 10:15 Aqua Arthritis		
10:30 – 11:00 Child Care/ Self-Led Water Exercise Time	10:00 – 11:00 Child Care	10:30 – 11:00 Child Care/ Self-Led Water Exercise Time	10:15 – 11:00 Self-Led Water Exercise Time	10:30 – 11:00 Child Care/ Self-Led Water Exercise Time		
		11:00 – 12:00 Open Swim	11:30 – 2:00 Open Swim 		12:00 – 1:00 Birthday Party 	12:00 – 1:00 Birthday Party 
	1:00 – 1:30 Child Care			12:00 – 3:00 Open Swim	1:00 – 3:00 Open Swim 	1:00 – 3:00 Open Swim 
2:15 – 3:00 Silver Splash	2:00 – 3:00 Open Swim	2:15 – 3:00 Silver Splash	3:50 – 6:00 Group/Private Lessons 	3:00 – 6:00 Open Swim	3:00 – 5:00 Open Swim	3:00 – 5:00 Open Swim
3:50 – 5:50 Group/Private Lessons 	3:50 – 6:00 Group/Private Lessons 	3:00 – 3:55 Adaptive Rec (Splash Pad Closed)				
		4:00 – 4:50 Sensory Splash (Splash Pad Closed)				
		4:00 – 5:50 Group/Private Lessons				
6:00 – 6:45 Aqua Zumba®	6:00 – 7:00 Open Swim	6:00 – 6:45 Aqua Zumba®	6:00 – 7:00 Open Swim			



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Lap Pool

October 1 – 31



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 – 5:30 Lap Swim – 6 lanes	11:00 – 5:30 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		
9:50 – 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 – 9:30 Lap Swim – 6 lanes 	9:50 – 10:35 Active Fitness – 4 lanes Lap Swim – 2 lanes		
11:00 – 12:00 Deep Water Running – 4 lanes Lap Swim – 2 lanes		10:40 – 3:00 Lap Swim – 6 lanes		10:40 – 4:15 Lap Swim – 6 lanes		
12:00 – 4:00 Lap Swim – 6 lanes 		3:00 – 3:55 Adaptive Rec – 3 lanes Lap Swim – 3 lanes				
4:00 – 6:00 Lessons – 3 lanes Lap Swim – 3 lanes	4:00 – 7:00 Lessons – 1 lane Lap Swim – 5 lanes	4:00 – 6:00 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		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.