



# Lap Pool

## February 2023

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).**

Physical Therapy hours are Monday/Friday between 8AM-12PM. One lap lane will be designated for the physical therapy area.

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  | Sunday                          |
|---|--|---|--|---|---|---------------------------------|
| 5:00-8:00<br>Lap Swim- 6 lanes  | 5:00-9:00<br>Lap Swim- 6 lanes                       | 5:00-9:00<br>Lap Swim- 6 lanes                        | 5:00-9:00<br>Lap Swim- 6 lanes                       | 5:00-8:00<br>Lap Swim- 6 lanes                    |   |                                 |
| 8:00-9:00<br>Lap Swim- 5 lanes  |  |   |  | 8:00-9:00<br>Lap Swim- 5 lanes                    | 7:00-9:00<br>Lap Swim- 6 lanes                      |                                 |
| 9:00-10:00<br>Active Fitness<br>Lap Swim - 1 lane                       | 9:00-10:00<br>Deep Water Boot<br>Lap Swim - 2 lanes  | 9:00-10:00<br>Active Fitness<br>Lap Swim - 1 lane     | 9:00-10:00<br>Deep Water Boot<br>Lap Swim - 2 lanes  | 9:00-10:00<br>Active Fitness<br>Lap Swim - 1 lane | 9:00-12:00<br>Lessons - 4 lanes<br>ONLY 2 LAP LANES |                                 |
| 10:00-11:00<br>Lap Swim- 5 lanes  | 10:00-4:00<br>Lap Swim- 6 lanes                      | 10:00-3:00<br>Lap Swim- 6 lanes                       | 10:00-4:00<br>Lap Swim- 6 lanes                      | 10:00-12:00<br>Lap Swim- 5 lanes                  | 12:00-1:00<br>Lessons - 2 lanes<br>ONLY 4 LAP LANES | 11:00-5:30<br>Lap Swim- 6 lanes |
| 11:00-12:00<br>Deep Water<br>Running<br>- 3 lanes<br>Lap swim - 2 lanes |  |   |  | 12:00-4:15<br>Lap Swim- 6 lanes                   | 1:00-5:30<br>Lap Swim- 6 lanes                      |                                 |
| 12:00-4:00pm<br>Lap Swim- 6 lanes                                       |  | 3:00-3:45<br>Adap. Rec- 2 lanes<br>Lap Swim - 4 lanes |  |   |   |                                 |
| 4:00-6:00<br>Lessons - 3 lanes<br>Lap Swim - 3 lanes                    | 4:00-6:00<br>Lessons - 3 lanes<br>Lap Swim - 3 lanes | 4:00-6:00<br>Lessons - 3 lanes<br>Lap Swim - 3 lanes  | 4:00-6:00<br>Lessons - 3 lanes<br>Lap Swim - 3 lanes | 4:15-5:00<br>Deep Water<br>Running - 3 lanes      |   |                                 |
| 6:00-9:30<br>Lap Swim- 6 lanes  | 6:00-6:45<br>Lessons - 3 lanes<br>Lap Swim - 3 lanes | 6:00-9:30<br>Lap Swim- 6 lanes                        | 6:00-6:45<br>Lessons - 3 lanes<br>Lap Swim - 3 lanes | 5:00-9:30<br>Lap Swim- 6 lanes                    |   |                                 |
|   | 6:45-9:30<br>Lap Swim- 6 lanes                       |   | 6:45-9:30<br>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






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

- 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 floatation devices should be used and are available on the pool deck.
- Physical Therapy hours are Monday/Wednesday between 8am-4pm and Friday 9am-1pm. 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  |
|--|---|--|---|---|---|---|
| 8:00-8:45<br>Physical Therapy              |   | 8:00-8:45<br>Physical Therapy              |   |   | 9:00-12:00<br>Lessons   |   |
| 8:45-9:30<br>Aquanastics                   |   | 8:45-9:30<br>Aquanastics                   |   |   |   |   |
| 9:30-10:15<br>Aqua Arthritis               |   | 9:30-10:15<br>Aqua Arthritis               |   | 9:30-10:15<br>Aqua Arthritis  |   |   |
| 10:15-10:45<br>Childcare/WET               | 10:00-12:45<br>Childcare &<br>Lessons   | 10:15-11:00<br>Childcare /WET              |   | 10:15-12:45<br>Childcare &<br>Lessons   | 12:00-1:00<br>Birthday Party  | 12:00-1:00<br>Birthday Party  |
| 11:00-12:45<br>Lessons<br>Splash Pad Open  |   | 11:00-12:45<br>Lessons<br>Splash Pad Open  |   |   |   |   |
| 12:45-2:15<br>Open Swim                    | 12:45-3:00<br>Open Swim   | 12:45-2:15<br>Open Swim                    |   |   | 1:00-3:00<br>Open Swim<br> | 1:00-3:00<br>Open Swim<br> |
| 2:15-3:00<br>Silver Splash                 |   | 2:15-3:00<br>Silver Splash                 |   |   |   |   |
|  |   | 3:00-3:45<br>Adaptive Rec                  |   |   | 3:00-5:00<br>Open Swim  | 3:00-5:00<br>Open Swim  |
| 3:45- 5:45<br>Lessons                      | 3:45-5:45<br>Lessons  | 3:45-5:45<br>Lessons                       |   | 3:30-6:00<br>Open Swim<br> |   |   |
| 6:00-6:45<br>Aqua Zumba<br>Splash Pad Open |   | 6:00-6:45<br>Aqua Zumba<br>Splash Pad Open | 6:10-8:00<br>Open Swim<br> | 6:00-8:00<br>Open Swim  |   |   |
| 6:45-8:00<br>Open Swim                     | 6:00-8:00<br>Open Swim<br> | 6:45-8:00<br>Open Swim                     |   |   |   |   |