



Lap Pool January 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 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	5:00-8:00 Lap Swim- 6 lanes	7:00-9:00 Lap Swim- 6 lanes	
8:00-9:00 Lap Swim- 5 lanes				8:00-9:00 Lap Swim- 5 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 - 4 lanes ONLY 2 LAP LANES	
10:00-11:00 Lap Swim- 5 lanes	10:00-4:00 Lap Swim- 6 lanes	10:00-3:00 Lap Swim- 6 lanes	10:00-4:00 Lap Swim- 6 lanes	10:00-12:00 Lap Swim- 5 lanes	12:00-1:00 Lessons - 2 lanes ONLY 4 LAP LANES	11:00-5:30 Lap Swim- 6 lanes
11:00-12:00 Deep Water Running - 3 lanes Lap swim - 2 lanes				12:00-4:15 Lap Swim- 6 lanes	1:00-5:30 Lap Swim- 6 lanes	
12:00-4:00pm Lap Swim- 6 lanes		3:00-3:45 Adap. Rec- 2 lanes Lap Swim - 4 lanes				
4:00-6:00 Lessons - 3 lanes Lap Swim - 3 lanes	4:00-6:00 Lessons - 3 lanes Lap Swim - 3 lanes	4:00-6:00 Lessons - 3 lanes Lap Swim - 3 lanes	4:00-6:00 Lessons - 3 lanes Lap Swim - 3 lanes	4:15-5:00 Deep Water Running - 3 lanes		
6:00-9:30 Lap Swim- 6 lanes	6:00-9:30 Lap Swim- 6 lanes	6:00-9:30 Lap Swim- 6 lanes	6:00-6:45 Lessons - 3 lanes Lap Swim - 3 lanes	5:00-9:30 Lap Swim- 6 lanes		
			6:45-9:30 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




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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. 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 Physical Therapy		8:00-8:45 Physical Therapy						
8:45-9:30 Aquanastics		8:45-9:30 Aquanastics						
9:30-10:15 Aqua Arthritis		9:30-10:15 Aqua Arthritis					9:30-10:15 Aqua Arthritis	
10:15-10:45 Childcare/WET	10:00-12:45 Childcare & Lessons	10:15-11:00 Childcare /WET		10:15-12:45 Childcare & Lessons	9:00-12:00 Lessons			
11:00-12:45 Lessons Splash Pad Open		11:00-12:45 Lessons Splash Pad Open						
12:45-2:15 Open Swim	12:45-3:00 Open Swim	12:45-2:15 Open Swim					12:00-1:00 Birthday Party	12:00-1:00 Birthday Party
2:15-3:00 Silver Splash		2:15-3:00 Silver Splash					1:00-3:00 Open Swim	
		3:00-3:45 Adaptive Rec			3:00-5:00 Open Swim	3:00-5:00 Open Swim		
3:45- 5:45 Lessons	3:45-5:45 Lessons	3:45-5:45 Lessons	3:30-6:10 Lessons					
6:00-6:45 Aqua Zumba Splash Pad Open		6:00-6:45 Aqua Zumba Splash Pad Open						
	6:00-8:00 Open Swim 		6:10-8:00 Open Swim 	4:00-8:00 Open Swim				