



Lap Pool Spring Break

Saturday, March 25th — Sunday, April 2nd

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	7:00-5:30 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				
10:00-11:00 Lap Swim- 5 lanes	10:00-9:30 Lap Swim- 6 lanes	10:00-3:00 Lap Swim- 6 lanes	10:00-9:30 Lap Swim- 6 lanes	10:00-12:00 Lap Swim- 5 lanes				
11:00-12:00 Deep Water Running - 3 lanes Lap swim - 2 lanes		3:00-3:45 Adap. Rec- 2 lanes Lap Swim - 4 lanes		12:00-4:15 Lap Swim- 6 lanes				
12:00-9:30 Lap Swim- 6 lanes		6:00-9:30 Lap Swim- 6 lanes		4:15-5:00 Deep Water Running - 3 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 Spring Break



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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 PT/WET		8:00-8:45 PT/WET				
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	10:00-11:00 Childcare	10:15-11:00 Childcare		10:00-11:00 Childcare		
11:00-12:00 Childcare/Fun Days	11:00-12:45 Open Swim	11:00-12:00 Childcare/Fun Days		11:00-12:45 Open Swim		
12:00-2:00 Open Swim		12:00-2:00 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	1:00-3:00 Open Swim
		3:00-3:45 Adaptive Rec				
3:45-6:00 Open Swim		3:45-6:00 Open Swim			3:00-5:00 Open Swim	3:00-5:00 Open Swim
6:00-6:45 Aqua Zumba Splash Pad Open	3:45-6:00 Open Swim	6:00-6:45 Aqua Zumba Splash Pad Open	3:45-6:00 Open Swim	3:30-6:00 Open Swim		
6:45-8:00 Open Swim	6:00-8:00 Open Swim	6:45-8:00 Open Swim	6:10-8:00 Open Swim	6:00-8:00 Open Swim		