



Lap Pool

September 1 – October 31

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		
8:00-9:00 Lap Swim– 5 lanes				8:00-9:00 Lap Swim– 5 lanes	7:00-9:00 Lap Swim– 6 lanes	
9:00-10:00 Active Fitness Lap Swim – 1 lane	9:00-10:00 Deep Water Fitness Lap Swim – 2 lanes	9:00-10:00 Active Fitness Lap Swim – 1 lane	9:00-10:00 Deep Water Fitness 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– 6 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 – 3 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		4:15-5:00 Deep Water Running – 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	4:00-6:00 Lessons – 3 lanes Lap Swim – 3 lanes	6:00-6:45 Lessons – 3 lanes Lap Swim – 3 lanes	5:00-9:30 Lap Swim– 6 lanes	
6:00-9:30 Lap Swim– 6 lanes	6:00-9:30 Lap Swim– 6 lanes	6:00-9:30 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

September 1 – October 31

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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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-12:00 Aqua Physical Therapy						
8:30-9:15 Aquanastics	9:00-10:00 Private Aqua Physical Therapy	8:30-9:15 Aquanastics				
9:30-10:15 Aqua Arthritis		9:30-10:15 Aqua Arthritis		9:30-10:15 Aqua Arthritis	9:00-12:00 Lessons	
10:15-10:45 Childcare/WET		10:15-11:00 Childcare /WET			10:15-12:00 Childcare & Lessons	
11:00-12:00 Lessons Splash Pad Open	10:00-12:00 Childcare & Lessons	11:00-12:00 Lessons Splash Pad Open	9:00-4:30 Private Aqua Physical Therapy		12:00-1:00 Birthday Party	12:00-1:00 Birthday Party
12:00-2:00 Private Aqua Physical Therapy	12:00-1:00 Private Aqua Physical Therapy				1:00-3:00 Open Swim	1:00-3:00 Open Swim
2:15-3:00 Silver Splash	1:30-3:45 Private Aqua Physical Therapy	2:15-3:00 Silver Splash				
		3:00-3:45 Adaptive Rec			3:00-5:00 Open Swim	3:00-5:00 Open Swim
4:00-6:00 Lessons		3:45-5:45 Lessons				
6:00-6:45 Aqua Zumba Splash Pad Open	3:45-5:45 Lessons	6:00-6:45 Aqua Zumba Splash Pad Open		3:30-6:00 Open Swim		
	6:05-8:00 Open Swim		6:00-8:00 Open Swim			