



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	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				
4:00-6:00 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

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