


# YMCA Large Pool Schedule

Begins January 2, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours	
5:30am	 <p>Lap Swim 5:30-9:00 am</p> <p><i>Lane 1 for Aqua-jogging or very slow swimmers please</i></p>					YMCA Closed	YMCA Closed	5:30am	
7:00am						Lap Swim 7:00 am- 8:55 am			7:00am
8:00am									8:00am
9:00am	Aqua Zumba (5)* Lap Swim (1)* 9:15-10:15 am	Dig Deep (4)* Lap Swim (2)* 9:15-10:00 am	Aqua Combo (4)* Lap Swim (2)* 9:05-10:05 am	Tethered (4)* Lap Swim (2)* 9:15-10:00 am	Aqua Combo (5)* Lap Swim (1)* 9:05-10:05 am	Lessons ONLY 9:00 am-12:00 pm	Lap Swim (4) Open Swim (2) 9:00 -10:00 am	9:00am	
9:30am							9:30am		
10:00am	Lap Swim (4) Open Swim/Exercise (2) 10:15-11:00 am	Gentle Water (3) Lap Swim (3) 10:00-11:00 am	Lap Swim (4) Open Swim/Exercise (2) 10:05-11:00 am	Gentle Water (3) Lap Swim (3) 10:00-11:00 am	Lap Swim (4) Open Swim/Exercise (2) 10:05-11:00 am			Lap Swim (3) Open Swim (2) Private lessons** (1) 10:00 am-12:00 pm	10:00am
11:00am	Lap Swim (5) Open Swim (1) 11:00 am-2:30pm	Lap Swim (5) Open Swim (1) 11:00 am-2:30pm Private lessons** (1) 12:00-1:00pm	Lap Swim (5) Open Swim (1) 11:00 am-2:30pm	Lap Swim (5) Open Swim (1) 11:00 am-2:30pm [Lanes 1/2 Lesson] 1:00-1:30	Lap Swim (5) Open Swim (1) 11:00 am-2:30pm Private lessons** (1) 12:00-1:00pm	Lap Swim (5) Private Lessons** (1) 12:00-2:00 pm		11:00am	
12:00pm								12:00pm	
2:00pm								Lap Swim (4) Open Swim (2) 12:00-2:55 pm	2:00pm
2:30pm	Lap Swim (3) 2:30-3:40 pm Therapy (2) 2:30-3:30 pm Private Lessons** (1) 3:00-4:00 pm	Lap Swim (4) Open Swim (1) 2:30-3:40pm Private Lessons** (1) 3:00-4:00 pm	Lap Swim (3) 2:30-3:40 pm Therapy (2) 2:30-3:30 pm Private Lessons** (1) 3:00-4:00 pm	Lap Swim (4) Open Swim (1) 2:30-3:40pm Private Lessons** (1) 3:00-4:00 pm	Lap Swim (4) Open Swim (1) 2:30-3:40pm Private Lessons** (1) 3:00-4:00 pm	Lap Swim (4) Open Swim (2) 2:00-4:00 pm		2:30pm	
3:00pm								3:00pm	
3:30pm									3:30pm
3:45pm	Lessons ONLY 3:45-5:00	Lessons ONLY 3:45-5:00	Lessons ONLY 3:45-4:45	Lessons ONLY 3:45-4:45	Lessons & S.A.C.C. Swim ONLY 3:45-4:45	Lap Swim (4) Open/Comm. Swim (2) 4:00-5:00 pm	Lessons ONLY 3:00-6:00 pm	4:00pm	
5:00pm	Lessons (3) Lap Swim (3) 5:00-5:30	Lessons (3) Lap Swim (3) 5:00-5:30	Lessons ONLY 4:45- 5:15 Lap Swim (6) 5:15-5:30	Lessons ONLY 4:45- 5:15 Lap Swim (6) 5:15-5:30	Lessons (4) Lap Swim (2) 5:00-5:30			5:00pm	
5:30pm	Private Lessons** (1) Lap Swim (5) 5:30-6:30						Lap Swim (4) Open Swim (2) 5:00-6:45 pm		5:30pm
6:00pm								6:00pm	
6:30pm	Barracudas ONLY 6:30-7:30 pm	Aqua Zumba (4) Open Swim (2) 6:30-7:30 pm	Barracudas ONLY 6:30-7:30pm	Private lessons** (1) Lap Swim (5) 6:30-7:00		Pool closes @ 6:45		Pool Closes at 6:00 pm	6:30pm
6:45pm			Lap Swim (6) 7:30-8:00pm				6:45pm		
7:00pm								7:00pm	
7:30pm								7:30pm	
8:00 pm	Masters ONLY 7:30-8:45 pm	Pool Closes at 8:00 pm	Masters ONLY 7:30-8:45pm	Pool Closes @ 8:00 pm		YMCA Closed		8:00pm	
8:45pm	Pool Closed							8:45pm	
9:00pm	YMCA Closed							9:00pm	

(#): Indicates how many lanes available during multiple activities. Lane assignments are subject to change based on usage and guards' discretion.

\*Attendance in these classes varies: Instructors and lifeguards to determine if there are 1 or 2 lanes available for lap swimming\*

\*\*All private lessons take place in lane 6. No lap swimming in lane 6 during private swim lessons\*\*

# YMCA Small Pool Schedule

Begins January 2, 2019

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours	
5:30am	Pool Closed					YMCA Closed		5:30am	
9:00am	5:30-10:00 am					Lessons ONLY 9:00 am- 12:00 pm	Open Swim 9:00 am-1:00 pm	9:00am	
10:00am	Open Swim 10:00 am - 1:00 pm	Open Swim 10:00 am - 1:00 pm	Levels A & B classes ONLY	Open Swim 10:00 am - 1:00 pm	Open Swim 10:00-11:00 am			10:00am	
10:30am			10:00-11:00 am		Gym & Swim 11:00-11:30am			10:30am	
11:00am			Open Swim 11:00 am-1:00 pm		Open Swim 11:30am - 1:00pm			11:00am	
11:30am			12:00pm		1:00pm	11:45am			
12:00pm	Pool Closed 1:00-3:00 pm					Open Swim 12:00 pm- 1:00 pm		12:00pm	
1:00pm						Birthday Parties 1:00 pm- 4:00 pm	Birthday Parties 1:00 pm -3:00 pm	1:00pm	
2:00 pm									2:00pm
3:00pm									3:00pm
3:30pm	Open Swim 3:00- 3:40pm	Supportive Swim ONLY 3:00-3:45 pm	Open Swim 3:00-3:40 pm					3:30pm	
4:00pm	Lessons ONLY 3:45-5:30					Community Swim 4:00-5:00 pm	Lessons ONLY 3:00-6:00 pm	4:00pm	
5:00pm	Open Swim 5:30-7:00 pm							Open Swim 4:00-6:45 pm	5:00pm
5:30pm									5:30pm
6:00pm	Pool Closes @ 7:00 pm						Pool Closes @ 6	6:00pm	
7:00pm	YMCA Closed					YMCA Closed		7:00pm	
8:00pm								8:00pm	
9:00pm								9:00pm	

## Definition of Terms

**Lap Swim:** Lap swim for all ages. Swimmers may be directed to specific lap lanes by the lifeguard based on ability to lap swim.

**Open Swim:** Recreational swim time for all members

**Community Swim:** During community swim, guests may swim at a rate of \$1 for children 17 years and younger and \$2 for adults.

**Birthday Parties:** This time is reserved for pre-arranged YMCA birthday parties, for more information please see the front desk.

**Therapy:** Therapy patients/members utilize the pool in collaboration with physical therapists in our community.

**Lessons/AdaptiveSwim:** The Y Aquatics Department offers swimming lessons for participants of all ages and abilities, from infant to adult. The pools will be closed during lesson time to any other activities. For more info on lessons, pick up a copy of the YMCA class descriptions at the Front Desk.

**Private Lessons:** For individuals of all ages: taught by top YMCA Swim Instructors. Times and rates are available at the Front Desk. All private lessons take place in Lane 6 of the large pool.

**Aqua fitness classes:** A host of instructor led pool fitness classes. Intensity and difficulty changes with each class type, please refer to the YMCA Fitness class schedule for more details.

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