


YMCA Large Pool Schedule

Holiday Pool Schedule

December 17, 2018-January 1, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours	
5:30am	 <p>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p> <p>Lap Swim 5:30-9:00 am <u>Lane 1 for Aqua-jogging or very slow swimmers please</u></p>					YMCA Closed	YMCA Closed	5:30am	
7:00am						Lap Swim (3) Open Swim (3) 9:00 am-12:00 pm		Lap Swim (3) Open Swim (3) 9:00 am-12:00 pm	12:00pm
8:00am						Lap Swim (3) Open Swim (3) 9:00 am-12:00 pm		Lap Swim (3) Open Swim (3) 9:00 am-12:00 pm	12:00pm
9:00am	Aqua Zumba(5) Lap Swim (1) 9:15-10:15	Dig Deep (4) Lap Swim (2) 9:15-10:05 am	Aqua Combo (4) Lap Swim (2) 9:05-10:05 am	Tethered (4) Lap Swim (2) 9:15-10:05 am	Aqua Combo (5) Lap Swim (1) 9:05-10:05 am	Lap Swim (3) Open Swim (3) 9:00 am-12:00 pm	Lap Swim (3) Open Swim (3) 9:00 am-12:00 pm	9:00am	
10:00am	Lap Swim (4) Open Swim/Exercise (2) 10:15-11:00 am	Gentle Water (3) Lap Swim (3) 10:05-11:00 am	Lap Swim (4) Open Swim/Exercise (2) 10:00-11:00 am	Gentle Water (3) Lap Swim (3) 10:05-11:00 am	Lap Swim (4) Open Swim/Exercise (2) 10:05-11:00 am			Lap Swim (3) Open/Comm. Swim (3) 4:00-5:00 pm	Open Swim (3) Lap Swim (3) 2:00- 6:45 pm
11:00am	Lap Swim (4) Open Swim (2) 11:00 am-2:30 pm					Lap Swim (3) Open Swim (3) 2:00-4:00 pm	Open Swim (3) Lap Swim (3) 2:00- 6:45 pm		
12:00pm	Lap Swim (4) Open Swim (2) 11:00 am-2:30 pm							Lap Swim (3) Open/Comm. Swim (3) 4:00-5:00 pm	Open Swim (3) Lap Swim (3) 2:00- 6:45 pm
2:00pm	Lap Swim (4) Open Swim (2) 11:00 am-2:30 pm					Lap Swim (3) Open/Comm. Swim (3) 4:00-5:00 pm	Open Swim (3) Lap Swim (3) 2:00- 6:45 pm		
2:30pm	Open Swim (2) Lap Swim (2) Therapy (2) 2:30-3:25 pm	Open Swim (2) Lap Swim (4) 2:30-3:25 pm	Open Swim (2) Lap Swim (2) Therapy (2) 2:30-3:25 pm	Open Swim (2) Lap Swim (4) 2:30-3:25 pm	Open Swim (2) Lap Swim (4) 2:30-3:25 pm			Lap Swim (3) Open/Comm. Swim (3) 4:00-5:00 pm	Open Swim (3) Lap Swim (3) 2:00- 6:45 pm
3:00pm	Open Swim (2) Lap Swim (2) Therapy (2) 2:30-3:25 pm	Open Swim (2) Lap Swim (4) 2:30-3:25 pm	Open Swim (2) Lap Swim (2) Therapy (2) 2:30-3:25 pm	Open Swim (2) Lap Swim (4) 2:30-3:25 pm	Open Swim (2) Lap Swim (4) 2:30-3:25 pm	Lap Swim (3) Open/Comm. Swim (3) 4:00-5:00 pm	Open Swim (3) Lap Swim (3) 2:00- 6:45 pm		
3:30pm	Open Swim (3) Lap Swim (3) 3:30-5:00 pm				Open Swim (2) 3:25-4:00 pm S.A.C.C. Swim (2) 4:00-5:00 pm Lap Swim (4) 3:30-5:00 pm			Lap Swim (3) Open/Comm. Swim (3) 4:00-5:00 pm	Open Swim (3) Lap Swim (3) 2:00- 6:45 pm
4:00pm	Open Swim (3) Lap Swim (3) 3:30-5:00 pm				Open Swim (2) 3:25-4:00 pm S.A.C.C. Swim (2) 4:00-5:00 pm Lap Swim (4) 3:30-5:00 pm	Lap Swim (3) Open/Comm. Swim (3) 4:00-5:00 pm	Open Swim (3) Lap Swim (3) 2:00- 6:45 pm		
5:00pm	Lap Swim 5:00-6:30 pm							Lap Swim (3) Open Swim (3) 5:00-6:45 pm	Open Swim (3) Lap Swim (3) 2:00- 6:45 pm
6:30pm	Lap Swim 5:00-6:30 pm					Lap Swim (3) Open Swim (3) 5:00-6:45 pm	Open Swim (3) Lap Swim (3) 2:00- 6:45 pm		
6:45pm	Open Swim (3) Lap Swim (3) 6:30-8:45pm	Aqua Zumba (4) Open Swim (2) 6:30-7:30 pm	Swim (3) Lap Swim (3) 6:30-8:45 pm					Lap Swim (3) Open/Comm. Swim (3) 4:00-5:00 pm	Open Swim (3) Lap Swim (3) 2:00- 6:45 pm
7:00pm		Open Swim (3) Lap Swim (3) 6:30-8:45pm	Aqua Zumba (4) Open Swim (2) 6:30-7:30 pm	Swim (3) Lap Swim (3) 6:30-8:45 pm			Lap Swim (3) Open/Comm. Swim (3) 4:00-5:00 pm		
7:30pm	Open Swim (3) Lap Swim (3) 6:30-8:45pm		Open Swim (3) Lap Swim (3) 7:30-8:45 pm	Swim (3) Lap Swim (3) 6:30-8:45 pm				Lap Swim (3) Open/Comm. Swim (3) 4:00-5:00 pm	Open Swim (3) Lap Swim (3) 2:00- 6:45 pm
8:45pm		Pool Closed					Lap Swim (3) Open/Comm. Swim (3) 4:00-5:00 pm		
9:00pm	YMCA Closed					Lap Swim (3) Open/Comm. Swim (3) 4:00-5:00 pm		Open Swim (3) Lap Swim (3) 2:00- 6:45 pm	9:00pm

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

The Y Facility will be open 5:30 am-2 pm December 24, closed December 25 & 26,
5:30 am-6 pm December 31 & 9:00-6:00 January 1

YMCA Small Pool Schedule

December 17, 2018-January 1, 2019

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours
5:30am	Pool Closed					YMCA Closed		5:30am
7:00am						Pool Closed		7:00am
9:00am	Open Swim 9:00-12:00					Open Swim 9:00 am- 1:00 pm		9:00am
10:00am								10:00am
10:30am								10:30am
11:00am								11:00am
11:30am								11:30am
12:00pm								12:00pm
1:00pm	Small Pool closed 12:00-3:00 Open Swim is available in the Large Pool					Birthday Parties 1:00 pm-3:30 pm	Birthday Parties 1:00 -3:00 pm	1:00pm
2:30pm	(Small pool will be open 12:00-3:00 on 12/27, 12/28, and 12/31)							2:30pm
3:00pm	Open Swim					Community Swim 4:00-5:00 pm Open Swim 3:30-6:45 pm	Open Swim 3:00-6:45 pm	3:00pm
3:30pm	3:00-4:00							3:30pm
4:00pm	Open Swim 4:00-5:00				S.A.C.C. Swim Only 4:00-5:00			4:00pm
5:00pm	Open Swim					Pool Closed		5:00pm
6:45pm	5:00-8:00					YMCA Closed		6:45pm
7:00pm	Pool Closed							7:00pm
8:00pm	YMCA Closed							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. If there is no party there will be open swim.

After School Swim: The YMCA After School program reserves this time for enrolled children and staff **only**. For more information please see the front desk.

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

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.

Holiday hours:

The Y Facility will be open 5:30 am-2 pm December 24, closed December 25 & 26,
5:30 am-6 pm December 31 & 9:00-6:00 January 1

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