


YMCA Large Pool Schedule

Begins March 15, 2018

	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 – 8:00 am		7:00am
8:00am						Barracuda Sr. (2) 8:00 – 9:00 am Lap Swim (4) 8:00 – 9:00 am		8:00am
9:00am	Aqua Combo (4) Lap Swim (2) 9:15-10:15 am	Dig Deep (4) Lap Swim (2) 9:15-10:00 am	Aqua Combo (4) Lap Swim (2) 9:00-10:00 am	Tethered (4) Lap Swim (2) 9:15-10:00 am	Aqua Combo (5) Lap Swim (1) 9:00-10:05 am	Lap Swim (2) Lessons (4) 9:00-9:30 am	Lap Swim (3) Open Swim (3) 9:00 –10:00 am	9:00am
9:30am								9:30am
10:00am	Open Swim (2) Lap Swim (4) 10:15-11:00 am	Gentle Water (3) Lap Swim (3) 10:00-11:00 am	Open Swim (2) Lap Swim (4) 10:00-11:00 am	Gentle Water (3) Lap Swim (3) 10:00-11:00 am	Lap Swim (6) 10:05-11:00 am	Lessons 9:30 am-12:00 pm	Lap Swim (3) Open Swim (2) Individual lessons (1) 10:00 am-12:00 pm	10:00am
11:00am	<p>Lap Swim 11:00 am-2:30 pm</p> <p><i>Lane 1 for Aqua-jogging or very slow swimmers please</i></p>							11:00am
12:00pm						Lap Swim (4) Individual Lessons (2) 12:00-2:00 pm	Lap Swim 12:00-2:00 pm	12:00pm
2:00pm								
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	Open Swim (3) Lap Swim (3) 2:00-4:00 pm	Open Swim (3) Lap Swim (3) 2:00-2:55 pm	2:30pm
3:00pm							Lessons (4) Open Swim (2) 3:00-4:00 pm	3:00pm
3:30pm	Lessons 3:30-5:00 pm				Open Swim (2) 3:25-4:00 pm Lessons (4) 3:30-5:00 pm			3:30pm
4:00pm						Lap Swim (3)		4:00pm
5:00pm	Individual Lessons (1) Lap Swim (5) 5:00-6:30 pm					Lap Swim (3) Open Swim (3) 5:00-6:45 pm	Lessons 4:00-6:45 pm	5:00pm
5:30pm								
6:30pm	Barracuda Jr. (4) Barracuda Sr. (2) 6:30-7:30 pm	Aqua Zumba (3) Open Swim (3) 6:30-7:30 pm	Barracuda Sr. (2) Lap Swim (4) 6:30-7:30 pm	Tri Readiness Program (3) Lap Swim (3) 6:30-8:00 pm	Barracuda Jr. (3) Open Swim (3) 6:30-7:30 pm	Pool Closed		6:45pm
6:45pm								7:00pm
7:00pm								7:30pm
7:30pm	Masters 7:30-8:45 pm	Open Swim (3) Lap Swim (3) 7:30-8:45 pm	Masters 7:30-8:45 pm	Open Swim (3) Lap Swim (3) 8:00-8:45 pm	Open Swim (3) Lap Swim (3) 7:30-8:45 pm	YMCA Closed		7:30pm
8:00 pm								8:00pm
8:45pm	Open Swim (3)							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.

YMCA Small Pool Schedule

Begins March 15, 2018

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours	
5:30am	Pool Closed					YMCA Closed		5:30am	
9:00am	5:30-10:00 am							9:00am	
10:00am	Open Swim 10:00-11:30 am	Open Swim 10:00-11:00 am	Lessons 10:00 am-11:15 am	Open Swim 10:00 am-3:30 pm	Open Swim 10:00-11:00 am	Lessons 9:00 am-12:00 pm	Open Swim 9:00 am-1:00 pm	10:00am	
10:30am		Gym & Swim 11:00-11:30 am			Open Swim 11:15 am-2:30 pm			Gym & Swim 11:00-11:30 am	10:30am
11:00am			Open Swim 11:30 am-3:30 pm						11:00am
11:15am	Open Swim 11:30 am-2:30 pm				Open Swim / Therapy 2:30-3:30 pm	Open Swim / Therapy 2:30-3:30 pm		Open Swim 12:00-1:00 pm	Open Swim 12:00-1:00 pm
11:30am			Lessons 3:30-5:00 pm						
12:00pm				Open Swim / Therapy 2:30-3:30 pm	Open Swim / Therapy 2:30-3:30 pm	Lessons 3:30-4:00 pm	Open Swim 11:30 am-3:30 pm	Open Swim 11:30 am-3:30 pm	12:00pm
1:00pm	Open Swim / Therapy 2:30-3:30 pm	Open Swim 2:30-3:30 pm	Open Swim / Therapy 2:30-3:30 pm						Open Swim / Therapy 2:30-3:30 pm
2:30pm						Lessons 3:30-5:00 pm	Lessons 3:30-4:00 pm	Open Swim 11:30 am-3:30 pm	
3:00pm			Lessons 3:30-5:00 pm	Lessons 3:30-4:00 pm	Open Swim 11:30 am-3:30 pm				Open Swim 11:30 am-3:30 pm
3:30pm						Lessons 3:30-5:00 pm	Lessons 3:30-4:00 pm	Open Swim 11:30 am-3:30 pm	
4:00pm			Lessons 3:30-5:00 pm	Lessons 3:30-4:00 pm	Open Swim 11:30 am-3:30 pm				Open Swim 11:30 am-3:30 pm
5:00pm						Lessons 3:30-5:00 pm	Lessons 3:30-4:00 pm	Open Swim 11:30 am-3:30 pm	
5:30pm			Lessons 3:30-5:00 pm	Lessons 3:30-4:00 pm	Open Swim 11:30 am-3:30 pm				Open Swim 11:30 am-3:30 pm
6:15pm						Lessons 3:30-5:00 pm	Lessons 3:30-4:00 pm	Open Swim 11:30 am-3:30 pm	
6:45pm			Lessons 3:30-5:00 pm	Lessons 3:30-4:00 pm	Open Swim 11:30 am-3:30 pm				Open Swim 11:30 am-3:30 pm
7:00pm						Lessons 3:30-5:00 pm	Lessons 3:30-4:00 pm	Open Swim 11:30 am-3:30 pm	
8:00pm			Lessons 3:30-5:00 pm	Lessons 3:30-4:00 pm	Open Swim 11:30 am-3:30 pm				Open Swim 11:30 am-3:30 pm
9:00pm						Lessons 3:30-5:00 pm	Lessons 3:30-4:00 pm	Open Swim 11:30 am-3:30 pm	
	Pool Closed								Pool Closed
	YMCA Closed					YMCA Closed			

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.

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/members utilize the pool in collaboration with physical therapists in our community.

Lessons: 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.

Individual Lessons: For individuals of all ages: taught by top YMCA Swim Instructors. Times and rates are available at the Front Desk.

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.

Masters' Swim: Designed for the adult (19+) lap swimmer to enhance their swimming skills and make workouts more productive. See the front desk for more

YMCA of Ithaca & Tompkins County
50 Graham Road West
Ithaca, NY 14850

Phone: (607) 257-0101
Fax: (607) 257-5828
Website: www.ithacaymca.com

YMCA Outdoor Education Center
1349 Mecklenburg Rd
Ithaca, NY 14850