


# YMCA Large Pool Schedule

Begins March 13, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours
5:30am						YMCA Closed	YMCA Closed	5:30am
7:00am						Lap Swim 7:00 – 8:00am		7:00am
8:00am						Barracuda Sr. (2) 8:00 – 9:00am Lap Swim (4) 8:00 – 9:00am		8:00am
9:00am	Aqua Combo (4) Lap Swim (2) 9:15–10:15am	Dig Deep (4) Lap Swim (2) 9:00–10:00am	Aqua Combo (4) Lap Swim (2) 9:00–10:00am	Tethered (4) Lap Swim (2) 9:00–10:00am	Aqua Combo (5) Lap Swim (1) 9:00–10:00am	Lap Swim (4) Lessons (2) 9:00–9:30am	Lap Swim (3) Open Swim (3) 9:00 –10:00am	9:00am
9:30am								9:30am
10:00am	Gentle Water (2) Lap Swim (4) 10:15–11:00am	Gentle Water (3) Lap Swim (3) 10:00–11:00am	Gentle Water (2) Lap Swim (4) 10:00–11:00am	Gentle Water (3) Lap Swim (3) 10:00–11:00am	Lap Swim (6) 10:05–11:00am	Lessons 9:30am–12:00pm	Lap Swim (3) Open Swim (2) Individual lessons (1) 10:00am–12:00pm	10:00am
11:00am					Home School Swim (2) 11:00–11:45am			11:00am
12:00pm	Lap Swim 11:00 am–2:30pm				Lap Swim 11:00 am–2:30pm	Lap Swim (4) Individual Lessons (2) 12:00–2:00pm	Lap Swim 12:00–2:00pm	12:00pm
2:00pm								2:00pm
2:30pm	Open Swim (2) Lap Swim (2) Therapy (2) 2:30–3:25pm	Open Swim (2) Lap Swim (4) 2:30–3:25pm	Open Swim (2) Lap Swim (2) Therapy (2) 2:30–3:25pm	Open Swim (2) Lap Swim (4) 2:30–3:25pm	Open Swim (2) Lap Swim (4) 2:30–3:25pm	Open Swim (3) Lap Swim (3) 2:00–4:00pm	Open Swim (3) Lap Swim (3) 2:00–2:55pm	2:30pm
3:00pm								Lessons (4) Open Swim (2) 3:00–4:00pm
3:30pm					Open Swim (2) 3:25–4:00pm After School Swim (2) 4:00–5:00pm Lessons (4) 3:30–5:00pm			3:30pm
4:00pm	Lessons 3:30–5:00pm					Lap Swim (3) Open/Comm. Swim (3) 4:00–5:00pm	Lessons 4:00–6:45pm	4:00pm
5:00pm	Individual Lessons (1) Lap Swim (5) 5:00–6:30pm					Lap Swim (3) Open Swim (3) 5:00–6:45pm		5:00pm
5:30pm								
6:30pm	Barracuda Jr. (4) Barracuda Sr. (2) 6:30–7:30pm	Aqua Zumba (4) Open Swim (2) 6:30–7:30pm	Barracuda Sr. (2) Lap Swim (4) 6:30–7:30pm	Aqua Zumba (4) Open Swim (2) 6:30–7:30pm	Barracuda Jr. (4) Open Swim (2) 6:30–7:30pm	Pool Closed		6:30pm
6:45pm								6:45pm
7:00pm								7:00pm
7:30pm	Masters 7:30–8:45pm	Special Olympics (4) Lap Swim (2) 7:30–8:45pm	Masters 7:30–8:45pm	Tri Swim Clinic (4) Lap Swim (2) 7:30–8:45pm	Open Swim (3) Lap Swim (3) 7:30–8:45pm	YMCA Closed		7:30pm
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.

# YMCA Small Pool Schedule

Begins March 13, 2017

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours			
5:30am	Pool Closed 5:30-9:00am							5:30am			
9:00am	Open Swim 9:00-11:00am		Open Swim 9:00-10:00am	Open Swim 9:00-3:30pm			Lessons 9:00am-12:00pm	Open Swim 9:00 am-1:00pm	9:00am		
10:00am			Lessons 10:00 am-11:15pm						10:00am		
10:30am									10:30am		
11:00am	Gym & Swim 11:00 -11:30am	Gym & Swim 11:00-11:30am									11:00am
11:30am	Open Swim 11:30am-2:30pm										11:30am
12:00pm											12:00pm
1:00pm											1:00pm
2:30pm	Open Swim / Therapy 2:30-3:30pm	Open Swim 2:30-3:30pm	Open Swim / Therapy 2:30-3:30pm						Birthday Parties 1:00-3:30pm	Birthday Parties 1:00 -3:00pm	2:30pm
3:00pm											3:00pm
3:30pm	Lessons 3:30-5:00pm				Lessons 3:30-4:00pm	Open Swim 3:30-6:45pm Community Swim 4:00-5:00pm	Lessons 3:00-6:45pm	3:30pm			
4:00pm					After School Swim 4:00-5:00pm			4:00pm			
5:00pm					Spectrum Swim 5:00-5:45pm			5:00pm			
5:45pm	Open Swim 5:00-8:00pm				Open Swim 5:45-8:00pm			5:45pm			
6:45pm						Pool Closed			6:45pm		
7:00pm						YMCA Closed			7:00pm		
8:00pm	Pool Closed YMCA Closed							8:00pm			
9:00pm	YMCA Closed							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. **All children under 6 years old MUST have an adult (18+) in the water and within arms reach at all times.**

**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 information.

**Barracuda Jr. & Sr.:** Non-competitive swim teams for children ages 7-18. More information is available at the Y Front Desk.

**Special Olympics:** Specialized group of swimmers who are training for the Special Olympics. More information is available at the Y Front Desk.

**Spectrum Swim Lessons:** Swim lessons designed for children with Autism Spectrum Disorder. More information is available at the Y Front Desk.

**Tri Swim Clinic:** Swim class to help prepare swimmers for the Triathlon. More information is available at the Y Front Desk.

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