


# YMCA Large Pool Schedule

Begins May 7, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours
5:30am	 <p>Lap Swim 5:30-9:00 am <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 Zumba (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 <i>Lane 1 for Aqua-jogging or very slow swimmers please</i></p>							11:00am
12:00pm						Lap Swim (4) Individual Lessons (2) 12:00-1:00 pm	Lap Swim 12:00-2:00 pm	12:00pm
2:00pm						Lap Swim (3) Open Swim (1) Individual Lessons (2) 1:00-2:00 pm	Open Swim (3) Lap Swim (3) 2:00-2:55 pm	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			2:30pm
3:00pm						Lap Swim (3) Open Swim (3) 2:00-4:00 pm	Open Swim (2) 3:00-3:30 pm Lessons (4)	3:00pm
3:30pm					Open Swim (2)			3:30pm
4:00pm	Lessons 3:30-5:00 pm				Lessons (4) 3:30-5:00 pm After School Swim (2) 4:00-5:00 pm	Lap Swim (3) Open/Comm. Swim (3) 4:00-5:00 pm		4:00pm
5:00pm	Individual Lessons (1)						Lessons 4:00-6:45 pm	5:00pm
5:30pm	Lap Swim (5) 5:00-6:30 pm					Lap Swim (3) Open Swim (3) 5:00-6:45 pm		5:30pm
6:30pm	Barracuda Jr. (4)	Aqua Zumba (3)	Barracuda Sr. (2)	Open Swim (3)	Barracuda Jr. (3)			6:30pm
6:45pm	Barracuda Sr. (2)	Open Swim (3)	Lap Swim (4)	Lap Swim (3)	Open Swim (3)	Pool Closed		6:45pm
7:00pm	6:30-7:30 pm	6:30-7:30 pm	6:30-7:30 pm	6:30-8:00 pm	6:30-7:30 pm	YMCA Closed		7:00pm
7:30pm								7:30pm
8:00 pm	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			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 May 7, 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	Lessons 10:00-11:00 am	Open Swim 10:00-11:00 am	Lessons 10:00 am-11:15 am	Open Swim 10:00 -11:00 am	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										10:30am		
11:00am	Open Swim 11:00-11:30 am	Gym & Swim 11:00-11:30 am		Lessons 11:00 -12:00 am	Gym & Swim 11:00-11:30 am					11:00am		
11:15am										11:30am		
11:30am	Open Swim 11:30 am-2:30 pm		Open Swim 11:15 am-2:30 pm	Open Swim 12:00 - 3:30 pm	Open Swim 11:30 am-3:30 pm	Open Swim 12:00-1:00 pm		11:45am				
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			Birthday Parties 1:00 pm-4:00 pm	Birthday Parties 1:00 -3:00 pm	1:00pm				
2:30pm												
3:00pm	Lessons 3:30-5:00 pm					Lessons 3:30-4:00 pm		3:00pm				
3:30pm												
4:00pm						After School Swim 4:00-5:00 pm	Community Swim 4:00-5:00 pm  Open Swim 4:00-6:45 pm	Lessons 3:00-6:45 pm	4:00pm			
5:00pm	Open Swim 5:00-8:00 pm			Open Swim 5:00-5:30 pm	Open Swim 5:00-8:00 pm					5:00pm		
5:30pm				Supported Swim 5:30-6:15 pm								5:30pm
6:15pm				Open Swim 6:15-8:00 pm								6:15pm
6:45pm						Pool Closed		6:45pm				
7:00pm						YMCA Closed		7:00pm				
8:00pm	Pool 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

**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.

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