


YMCA Large Pool Schedule

Begins October 8, 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 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) Individual lessons (1) 10:00 am-12:00 pm	10:00am			
11:00am	Lap Swim (5) Open Swim (1) 11:00 am-2:30 pm <i>Lane 1 for Aqua-jogging or very slow swimmers please</i>					Lap Swim (5) Individual Lessons (1) 12:00-2:00 pm	Lap Swim (4) Open Swim (2) 12:00-2:55 pm	11:00am				
12:00pm								12:00pm				
2:00pm								2:00pm				
2:30pm	Open Swim (1) Lap Swim (3) Therapy (2) 2:30-3:30 pm	Open Swim (2) Lap Swim (4) 2:30-3:55 pm	Open Swim (1) Lap Swim (3) Therapy (2) 2:30-3:30 pm	Open Swim (2) Lap Swim (4) 2:30-3:55 pm	Open Swim (2) Lap Swim (4) 2:30-3:55 pm	Lap Swim (4) Open Swim (2) 2:00-4:00 pm	Lap Swim (4) Open Swim (2) 3:00-6:45pm	2:30pm				
3:00pm												3:00pm
3:30pm	Lap Swim (4) Open Swim (2) 3:30-3:55 pm							Lap Swim (4) Open Swim (2) 3:30-3:55 pm				
4:00pm	Lessons ONLY 4:00-4:45	Lessons ONLY 4:00-4:45	Lessons ONLY 4:00-4:45	Lessons ONLY 4:00-4:45	Lessons & S.A.C.C. Swim ONLY 4:00-4:45	Lap Swim (4) Open/Comm. Swim (2)		4:00pm				
4:45pm	Lessons (2) Lap Swim (4) 4:45-5:30	Lessons (2) Lap Swim (4) 4:45-5:30	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) 4:45-5:30	Lap Swim (4) Open Swim (2) 5:00-6:45 pm	Lessons ONLY 3:00-6:45pm	5:00pm				
5:30pm	Private Lessons (1) Lap Swim (5) 5:30-6:30									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	Private Lessons (1) Lap Swim (5) 6:30-7:00 pm			Lap Swim (6) 7:00-7:30 pm	Pool Closes 6:45 pm		6:30pm			
6:45pm												6:45pm
7:00pm												7:00pm
7:30pm	Masters ONLY 7:30-8:45 pm	Lap Swim (4) Open Swim (2) 7:30-8:45 pm	Masters ONLY 7:30-8:45 pm	Lap Swim (4) Open Swim (2) 7:30-8:45 pm		YMCA Closed		7:30pm				
8:00 pm											8:00pm	
8:45pm				Pool Closes 8:45 pm							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

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Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours	
5:30am	Pool Closed 5:30-9:00 am					YMCA Closed		5:30am	
9:00am	Open Swim 9:00 am—12:00 pm	Open Swim 9:00-12:00 am	Open Swim 9:00am-10:00am	Open Swim 9:00 am -12:00 pm	Open Swim 9:00-11:00 am	Lessons ONLY 9:00 am-12:00 pm	Open Swim 9:00 am-1:00 pm	9:00am	
10:00am			SKIP/SKIP+ ONLY 10:00am-11:00am					10:00am	
10:30am			Open Swim 11:00am-12:00pm		10:30am				
11:00am			Gym & Swim 11:00-11:30 am		11:00am				
11:30am			Open Swim 11:30am-12:00pm		11:45am				
12:00pm	Small Pool Closed 12:00 pm—3:00 pm					Open Swim 12:00 pm-1:00 pm	Birthday Parties 1:00 pm -3:00 pm	12:00pm	
1:00pm	Open Swim is available in the Large Pool					Birthday Parties 1:00 pm-4:00 pm		1:00pm	
2:30pm								Community Swim 4:00-5:00 pm	2:30pm
3:00pm									Open Swim 4:00-6:45 pm
3:30pm	Open Swim 3:00 pm—3:55 pm					Lessons ONLY 3:00-6:45 pm	3:30pm		
4:00pm	Lessons ONLY 4:00-5:30						Open Swim 4:00-6:45 pm	4:00pm	
5:00pm								Open Swim 5:30 pm—8:00 pm	5:00pm
5:30pm	Open Swim 5:30 pm—8:00 pm		Supportive Swim ONLY 5:30-6:15 pm						5:30pm
6:15pm			Open Swim					6:15pm	
7:00pm			7:00pm						
8:00pm	Pool Closes 8:00					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

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/Supportive Swim: 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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