



FAMILY POOL SCHEDULE

DOWNTOWN YMCA

Family Pool Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starting Dec. 1st *Schedule is subject to change	5:30-7:00a Open Swim	5:30-7:00a Open Swim	5:30-7:00a Open Swim	5:30-7:00a Open Swim	5:30-7:00a Open Swim	7:00-8:00a Open Swim	12:00p-3:00p Open Swim
Please Remember: *Pool is closed during Water Fitness classes. Must be 18 years or older to use the pool at this time* *Pool is closed during Group Swim lessons*	7:00-8:00a Cardio Energize	7:00-8:00a Water Yoga	7:00-8:00a Cardio Energize	7:00-8:00a Water Yoga	7:00-8:00a Cardio Energize		Swim Lessons 3:00p-5:15p (Whole POOL CLOSED- see dates to left)
Swim Lessons: Group Lessons- *Pool Closed	8:00-9:00a Aqua Relaxation	8:00-9:00a High Intensity Deep Water	8:00-9:00a Water Wake Up	8:00-9:00a High Intensity Deep Water	8:00-9:00a Water Wake Up	8:00-9:00a Deep H2O/ High Energy	5:15p-5:45p Open Swim
Sundays: Oct 21 st – Dec 9 th	9:00-10:00a Extreme Stretching	9:00-10:00a Water Yoga	9:00-10:00a Aqua Relaxation	9:00-10:00a Water Yoga	9:00-10:00a Aqua Relaxation	Swim Lessons 9:00a-12:00p (Whole POOL CLOSED- see dates to left)	
Saturdays: Oct 13 th – Dec 1 st	10:00-11:00a Total Body Fit	10:00a – 12:00p Open Swim	10:00-11:00a Low Impact/ High Energy		10:00-11:00a Low Impact/High Energy		
Mondays & Wednesdays Nov 5 th – Dec 5 th	11:00a – 1:00p Open Swim		11:00a – 5:30p Open Swim	10:00a – 5:30p Open Swim	11:00a-12:00p Aqua Groove	12:00-2:00p Open Swim	
	1:00p-2:00p Aqua Groove	12:00p-1:00p Aqua Groove			12:00p-5:30p Open Swim		
	2:00p – 5:30p Open Swim	1:00p – 5:30p Open Swim	Swim Lessons 4:00p-4:45p (Half POOL CLOSED-see dates to left)			2:00-5:00 Puddles Comes to the Pool!	
	Swim Lessons 4:00p-4:45p (Half POOL CLOSED-see dates to left)	5:30-6:30p Deep H2O/ High Energy		5:30-6:30p Deep H2O/ High Energy		5:00-5:45p Open Swim	
	5:30-6:30p Cardio Combo		5:30-6:30p Cardio Combo		5:30-6:30p Aquatics Boot Camp		
	6:30-9:45p Open Swim	6:30-9:45p Open Swim	6:30-9:45p Open Swim	6:30-9:45p Open Swim	6:30-7:45p Open Swim		



LAP POOL SCHEDULE

DOWNTOWN YMCA

Lap Pool Schedule
Starting November 5th

*Schedule is subject to change

If crowded, sharing of lanes is required:
If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

Speed
Please try to choose a lane with swimmers that most nearly match your speed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30a-3:00p Open Swim (all lanes open)	5:30a-3:00p Open Swim (all lanes)	5:30-11:00a Open Swim (all lanes)	5:30-3:00p Open Swim (all lanes)	5:30-11:00a Open Swim (all lanes)	7:00-5:45p Open Swim (all lanes)	12:00p-1:30p Open Swim (all lanes)
			11:00-12:00p Masters Swim Team (Lane 1 Open)		11:00-12:00p Masters Swim Team (Lane 1 Open)		1:30-5:00p LY SwimTeam (Lane 1 Open)
			12:00-3:00p Open Swim (all lanes)		12:00-3:00p Open Swim (all lanes)		5:00-5:45p Open Swim (all lanes)
	3:00-4:15p E.C. Glass Swim Team (all lanes)	3:00-4:15p E.C. Glass Swim Team (all lanes)	3:00-4:15p E.C. Glass Swim Team (all lanes)	3:00-4:15p E.C. Glass Swim Team (all lanes)	3:00-4:15p E.C. Glass Swim Team (all lanes)		
	4:15-6:15p LY SwimTeam (Lane 1 Open)	4:15-6:15p LY SwimTeam (Lane 1 Open)	4:15-6:00p LY SwimTeam (Lane 1 Open)	4:15-6:15p LY SwimTeam (Lane 1 Open)		4:15-7:45p LY SwimTeam (Lane 1 Open)	
	6:15-6:30p LY SwimTeam (3 Lanes Open)	6:15-6:30p LY SwimTeam (3 Lanes Open)	6:00-6:30p Open Swim (all lanes)	6:15-6:30p LY SwimTeam (3 Lanes Open)			
	6:30-7:00p Open Swim (all lanes)	6:30-7:00p Open Swim (all lanes)	6:30-6:45p LY SwimTeam (3 Lanes Open)	6:30-7:00p Open Swim (all lanes)			
	7:00-8:45p LY SwimTeam (Lane 1 Open)	7:00-8:45p LY SwimTeam (Lane 1 Open)	6:45-8:45p LY SwimTeam (Lane 1 Open)	7:00-8:45p LY SwimTeam (Lane 1 Open)			
	8:45-9:45p Open Swim (all lanes)	8:45-9:45p Open Swim (all lanes)	8:45-9:45p Open Swim (all lanes)	8:45-9:45p Open Swim (all lanes)			

