



# FAMILY POOL SCHEDULE

## DOWNTOWN YMCA

### Family Pool

#### Schedule

Starting Jan. 1<sup>st</sup>

\*Schedule is subject to change

#### 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\*

#### Swim Lessons:

#### Group Lessons-

\*Pool Closed

#### Sundays:

Jan 20<sup>th</sup> – March 3<sup>rd</sup>

March 17<sup>th</sup> – May 5<sup>th</sup>

Saturdays:  
January 19<sup>th</sup> – May 2<sup>nd</sup>

March 16<sup>th</sup> – May 4<sup>th</sup>

Tuesday & Thursdays:  
Feb 5<sup>th</sup> – Feb 28<sup>th</sup>

March 12<sup>th</sup> – April 4<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	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)
	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
	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)	
	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		
	11:00a-1:00p Open Swim	12:00p-1:00p Aqua Groove	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-5:30p Open Swim		
		1:00p-5:30p Open Swim				2:00-5:00 Puddles Comes to the Pool!	
	2:00p-5:30p Open Swim		5:30-6:30p Cardio Combo	5:30-6:30p Deep H2O/ High Energy	Swim Lessons 4:00p-5:00p (Half POOL CLOSED-see dates to left)	5:00-5:45p Open Swim	
	5:30-6:30p Cardio Combo	5:30-6:30p Deep H2O/ High Energy		Swim Lessons 6:30p-8:30p (Whole POOL CLOSED-see dates to left)	5:30-6:30p Aquatics Boot Camp		
		Swim Lessons 6:30p-8:30p (Whole POOL CLOSED-see dates to left)					
		6:30-9:45p Open Swim	6:30-9:45p Open Swim	6:30-9:45p Open Swim	6:30-7:45p Open Swim		
	6:30-9:45p Open Swim						



# LAP POOL SCHEDULE

## DOWNTOWN YMCA

Lap Pool  
Schedule  
Starting January 1<sup>st</sup>

\*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)			

