



FAMILY POOL SCHEDULE

DOWNTOWN YMCA

Family Pool Schedule

Starting **May 19th**

*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

Saturdays:

June 1st – July 20th

Sundays:

May 19th – July 7th

Mondays-Thursdays:

May 20th – May 30th

June 3rd – June 13th

June 17th – June 27th

July 1st – July 11th

July 15th – July 25th

July 29th – August 8th

	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 10:00-11:00p (Half POOL CLOSED- see dates to left)	
	10:00-11:00a Total Body Fit		10:00-11:00a Low Impact/ High Energy		10:00-11:00a Low Impact/ High Energy		
	Swim Lessons 11:00a-1:00p (Whole Pool Closed)	Swim Lessons 11:00a-1:00p (Whole Pool Closed)	Swim Lessons 11:00a-1:00p (Whole Pool Closed)	Swim Lessons 11:00a-1:00p (Whole Pool Closed)	11:00a-12:00p Aqua Groove	11:00-2:00p Open Swim	
		1:00p – 5:30p Open Swim			12:00-5:30p Open Swim	2:00-5:00 Puddles Comes to the Pool!	
	1:00p – 5:30p Open Swim		1:00p – 5:30p Open Swim	1:00p – 5:30p Open Swim		5:00-5:45p Open Swim	
	5:30-6:30p Cardio Combo Swim Lessons 6:30-8:30p (Whole Pool Closed)	5:30-6:30p Deep H2O/ High Energy Swim Lessons 6:30-8:30p (Whole Pool Closed)	5:30-6:30p Cardio Combo Swim Lessons 6:30-8:30p (Whole Pool Closed)	5:30-6:30p Deep H2O/ High Energy Swim Lessons 6:30-8:30p (Whole Pool Closed)	5:30-6:30p Aquatics Boot Camp		
	8:30-9:45p Open Swim	8:30-9:45p Open Swim	8:30-9:45p Open Swim	8:30-9:45p Open Swim	6:30- 7:45p Open Swim		



LAP POOL SCHEDULE

DOWNTOWN YMCA

Lap Pool Schedule Starting June 3 rd	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Schedule is subject to change	5:30a-10:00a Open Swim (all lanes open)	5:30-9:00a Open Swim (all lanes)	5:30-7:15a Open Swim (all lanes)	5:30-9:00a Open Swim (all lanes)	5:30-9:00a Open Swim (all lanes)	7:00-5:45p Open Swim (all lanes)	12:00p-5:45p Open Swim (all lanes)
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.	10:00-12:00p Swim Camp (using 2 lanes)	9:00-12:00p Swim Camp (using 2 lanes)	10:00-12:00p Swim Camp (using 2 lanes)	9:00-12:00p Swim Camp (using 2 lanes)	9:00-12:00p Swim Camp (using 2 lanes)		
Speed Please try to choose a lane with swimmers that most nearly match your speed.	12:00-1:00p Open Swim (all lanes)	12:00-1:00p Open Swim (all lanes)	12:00-1:00p Masters Swim Team (Lane 1 Open)	12:00-1:00p Open Swim (all lanes)	12:00-1:00p Masters Swim Team (Lane 1 Open)		
Swim Camps: During the summer we provide space for our summer camp kids to come enjoy the pool. This year we will be offering swim lessons to those who do not pass the swim test!	1:00-4:00p Swim Camp (using 2 lanes)	1:00-4:00p Swim Camp (using 2 lanes)	1:00-4:00p Swim Camp (using 2 lanes)	1:00-4:00p Swim Camp (using 2 lanes)	3:00-4:00p Swim Camp (using 2 lanes)		
		4:00-7:00p Open Swim (all lanes)					
		7:00-8:30p LY Swim Team(5 lanes)					
	4:00-9:45p Open Swim (all lanes)	8:30-9:45p Open Swim (all lanes)	4:00-9:45p Open Swim (all lanes)	4:00-9:45p Open Swim (all lanes)	4:00-7:45p Open Swim (all lanes)		

