



FAMILY POOL SCHEDULE

DOWNTOWN YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Family Pool Schedule Starting Jan. 1st *Schedule is subject to change</p> <p>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*</p> <p>Swim Lessons: Group Lessons- *Pool Closed</p> <p>Sundays: March 17th – May 5th</p> <p>Saturdays: March 16th – May 4th</p> <p>Tuesday & Thursdays: March 12th – April 4th April 9th – May 2nd</p>	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	1:00p – 5:30p Open Swim			12:00p–5:30p Open Swim		2:00–5:00 Puddles Comes to the Pool!
	2:00p – 5:30p Open Swim	5:30–6:30p Deep H2O/ High Energy	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	Swim Lessons 6:30p–8:30p (Whole POOL CLOSED–see dates to left)		Swim Lessons 6:30p–8:30p (Whole POOL CLOSED–see dates to left)	5:30–6:30p Aquatics Boot Camp		
		8:30–9:45p Open Swim	6:30–9:45p Open Swim	6:30–9:45p Open Swim	8:30–9:45p Open Swim	6:30–7:45p Open Swim	
	6:30–9:45p Open Swim						



LAP POOL SCHEDULE

DOWNTOWN YMCA

Lap Pool
Schedule
Starting January 1st

*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-4:15p Open Swim (all lanes open)	5:30a- 4:15p Open Swim (all lanes)	5:30- 11:00a Open Swim (all lanes)	5:30-4:15p 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- 4:15p Open Swim (all lanes)		12:00- 4:15p Open Swim (all lanes)		5:00-5:45p Open Swim (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)			

