



FAMILY POOL SCHEDULE

DOWNTOWN YMCA

Family Pool Schedule

Starting **August 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: 9a-12p
Aug 24th - Oct 5th

Oct 12th - Nov 23rd

Sundays: 3-5:15p
Aug 25th - Oct 13th

Oct 20th - Dec 1st

Tuesday/ Thursday:
6:30-8:30p
Sept 3rd - Sept 26th

Oct 1st - Oct 24th

Oct 29th - Nov 26th

Mondays &
Wednesdays:
4-4:45p
Sept 4th - Sept 25th

Sept 30th - Oct 23rd

Oct 28th - Nov 20th

	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	8:00-9:00a Deep H2O/ High Energy	3:00-5:15p Swim Lessons (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	9:00-12:00p Swim Lessons (Whole Pool CLOSED- see dates to left)	5:15-5:45p 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	12:00-2:00p Open Swim	
	10:00-11:00a Total Body Fit	10:00a - 5:30p Open Swim	10:00-11:00a Low Impact/ High Energy	10:00 - 5:30p Open Swim	10:00-11:00a Low Impact/High Energy	2:00-5:00p Puddles comes to the pool! (First Saturday of every month)	
	11:00-1:00p Open Swim	5:30-6:30p Deep H2O/ High Energy	11:00 - 2:00p Open Swim	5:30-6:30p Deep H2O/ High Energy	11:00a-12:00p Aqua Groove	5:00-5:45p Open Swim	
	1:00p-2:00p Aqua Groove	6:30-8:30p Swim Lessons (Whole Pool CLOSED- see dates to left)	2:00p-3:00p Aqua Groove	6:30-8:30p Swim Lessons (Whole Pool CLOSED- see dates to left)	12:00-5:30p Open Swim		
	2:00p - 4:00p Open Swim	8:30-9:45p Open Swim	3:00p - 4:00p Open Swim	8:30-9:45p Open Swim	5:30-6:30p Aquatics Boot Camp		
	4:00-4:45p Swim Lessons (HALF Pool Closed- see dates to left)		4:00-4:45p Swim Lessons (HALF Pool Closed- see dates to left)	4:45-5:30p Open Swim	6:30- 7:45p Open Swim		
	4:45-5:30p Open Swim		4:45-5:30p Open Swim				
	5:30-6:30p Cardio Combo		5:30-6:30p Cardio Combo				
	6:30-9:45p Open Swim		6:30-9:45p Open Swim				



LAP POOL SCHEDULE

DOWNTOWN YMCA

Lap Pool Schedule

Starting August 19th

*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
	5:30-4:15p Open Swim (all lanes)	5:30-4:15p 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)
	4:15-6:15p LY Swim Team (Lane 1 Open)	4:15-6:15p LY Swim Team (Lane 1 Open)	11:00-12:00p Masters Swim Team (Lane 1 Open)	4:15-6:15p LY Swim Team (Lane 1 Open)	11:00-12:00p Masters Swim Team (Lane 1 Open)		1:30-5:00p LY Swim Team (Lane 1 Open)
	6:15-6:30p LY Swim Team (3 Lanes Open)	6:15-6:30p LY Swim Team (3 Lanes Open)	12:00-4:15p Open Swim (all lanes)	6:15-6:30p LY Swim Team (3 Lanes Open)	12:00-4:15p Open Swim (all lanes)		5:00-5:45p Open Swim (all lanes)
	6:30-7:00p Open Swim (all lanes)	6:30-7:00p Open Swim (all lanes)	4:15-6:00p LY Swim Team (Lane 1 Open)	6:30-7:00p Open Swim (all lanes)	4:15-7:45p LY Swim Team (Lane 1 Open)		
	7:00-8:45p LY Swim Team (Lane 1 Open)	7:00-8:45p LY Swim Team (Lane 1 Open)	6:00-6:30p Open Swim (all lanes)	7:00-8:45p LY Swim Team (Lane 1 Open)			
	8:45-9:45p Open Swim (all lanes)	8:45-9:45p Open Swim (all lanes)	6:30-6:45p LY Swim Team (3 Lanes Open)	8:45-9:45p Open Swim (all lanes)			
			6:45-8:45p LY Swim Team (Lane 1 Open)				
			8:45-9:45p Open Swim (all lanes)				