

Pool 1 Schedule - SPRING 1

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:30AM	LAP SWIM/JOG 5:30-9:30	LAP SWIM/JOG 5:30-9:30	LAP SWIM/JOG 5:30-9:30	LAP SWIM/JOG 5:30-9:30	LAP SWIM/JOG 5:30-9:30	YMCA CLOSED				
6:00AM										
6:30AM										
7:00AM										
7:30AM										
8:00AM						LAP SWIM/JOG 7:15-9:00				
8:30AM										
9:00AM						POWER HOUR 9:30-10:30		POWER HOUR 9:30-10:30	POWER HOUR 9:30-10:30	POWER HOUR 9:30-10:30
9:30AM										
10:00AM	LAP SWIM/ AQUA JOG 10:45-2:30	LAP SWIM/ AQUA JOG 10:45-2:30	LAP SWIM/ AQUA JOG 10:45-2:30	LAP SWIM/ AQUA JOG 10:45-2:30	LAP SWIM/ AQUA JOG 10:45-2:30	RENTALS				
10:30AM										
11:00AM										
11:30AM										
12:00PM						POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED
12:30PM										
1:00PM										
1:30PM										
2:00PM	4: LAP SWIM 2: OPEN SWIM 1:00-4:00									
2:30PM										
3:00PM	STROKE CLINIC 3:30-6:30	STROKE CLINIC 4:00-6:00	STROKE CLINIC 3:30-6:30	STROKE CLINIC 4:00-6:00	STROKE CLINIC 3:30-6					
3:30PM										
4:00PM	1: Lap Swim 5: SWIM LESSONS 6:45-7:30	LAP SWIM 6:00-8:30	1: Lap Swim 5: SWIM LESSONS 6:45-7:30	LAP SWIM 6:00-8:30	Y CLOSSES AT 6:00					
4:30PM										
5:00PM	LAP SWIM 7:30-8:30	LAP SWIM 7:30-8:30	LAP SWIM 7:30-8:30	LAP SWIM 7:30-8:30	Y CLOSSES AT 6:00					
5:30PM										
6:00PM	YMCA CLOSSES AT 4:00									
6:30PM										
7:00PM	YMCA CLOSSES AT 4:00									
7:30PM										
8:00PM	YMCA CLOSSES AT 4:00									
8:30PM										
9:00PM	YMCA CLOSSES AT 9:00					YMCA CLOSSES AT 4:00				
10:00PM										

OPEN SWIM

Adult: Open to anyone 18 and older

Lap: 7th grade and older, must swim laps. Additional activities may share the pool with lap swim during low use times

Open: Open to anyone, 5th grade and younger must be with an adult; under age 6 must be with an adult in water

POOL RULES:

1. Any child under the age of 6 or Any child that wears a floatation device, must be accompanied in the pool by someone 18 or older

3. The lifeguard is to maintain the pool deck space. The guard on duty is to enforce all rules and all swimmers should comply

