

## Pool 1 Schedule - September 6 - December 22, 2022

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM	LAP SWIM/JOG 5:30-7:30	LAP SWIM/JOG 5:30-7:30	LAP SWIM/JOG 5:30-7:30	LAP SWIM/JOG 5:30-7:30	LAP SWIM/JOG 5:30-7:30	YMCA CLOSED	YMCA CLOSED
6:00AM							
6:30AM							
7:00AM							
7:30AM	4: LAP SWIM 2: AQUA JOG 7:30-9:30	4: LAP SWIM 2: AQUA JOG 7:30-9:30	4: LAP SWIM 2: AQUA JOG 7:30-9:30	4: LAP SWIM 2: AQUA JOG 7:30-9:30	4: LAP SWIM 2: AQUA JOG 7:30-9:30	LAP SWIM/JOG 7:15-9:00	
8:00AM							
8:30AM							
9:00AM	3:POWER HOUR 9:30-10:30 3:LAP SWIM	3:DEEP WATER 9:30-10:30 3:LAP SWIM	3:POWER HOUR 9:30-10:30 3:LAP SWIM	3:DEEP WATER 9:30-10:30 3:LAP SWIM	3:POWER HOUR 9:30-10:30 3:LAP SWIM	SWIM LESSONS 9:00-12:00	
9:30AM							
10:00AM	4:LAP SWIM 2:OPEN SWIM 10:30-2:30	4:LAP SWIM 2:OPEN SWIM 10:30-2:30	4:LAP SWIM 2:OPEN SWIM 10:30-2:30	4:LAP SWIM 2:OPEN SWIM 10:30-2:30	4:LAP SWIM 2:OPEN SWIM 10:30-2:30	4: LAP SWIM 1: OPEN SWIM 1: PRIVATE LESSONS 12:00-2:00	
10:30AM							
11:00AM							
11:30AM							
12:00PM							
12:30PM							
1:00PM	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	RENTALS 2:00 - 3:30	
1:30PM							
2:00PM	SWIM TEAM 3:30-6:45	SWIM TEAM 3:30-6:45	SWIM TEAM 3:30-6:45	SWIM TEAM 3:30-6:45	SWIM TEAM 3:30-6:45	YMCA CLOSING AT 4:00	
2:30PM							
3:00PM							
3:30PM							
4:00PM	3: SWIM TEAM 3:SWIM LESSONS 6:50-7:30	3: SWIM TEAM 3: LAP SWIM 6:50-7:30	3: SWIM TEAM 3:SWIM LESSONS 6:50-7:30	3: SWIM TEAM 3: LAP SWIM 6:50-7:30	4: LAP SWIM 2: OPEN SWIM 6:00-7:45	YMCA CLOSING AT 5:00	
4:30PM							
5:00PM	4: SWIM LESSONS 2: LAP SWIM 7:30-8:10	LAP SWIM/JOG 7:30-8:45	4: SWIM LESSONS 2: LAP SWIM 7:30-8:10	LAP SWIM/JOG 7:30-8:45	YMCA CLOSING AT 5:00		
5:30PM							
6:00PM	4: LAP SWIM 2: OPEN SWIM 8:10-8:45	LAP SWIM/JOG 7:30-8:45	4: LAP SWIM 2: OPEN SWIM 8:10-8:45	LAP SWIM/JOG 7:30-8:45	YMCA CLOSING AT 5:00		
6:30PM							
7:00PM	YMCA CLOSING AT 9:00						
7:30PM	YMCA CLOSING AT 9:00						
8:00PM	YMCA CLOSING AT 9:00						
8:30PM	YMCA CLOSING AT 9:00						
9:00PM	YMCA CLOSING AT 9:00						

**OPEN SWIM**

**Adult:** Open to anyone 18 and older

**-Lap:** 13 years and older, must swim laps. Available to swim team participants with director's approval.

**-Open:** Open to anyone, 12 years and younger must be with an adult; under 6 must be with an adult in the water.

**\*POOL RULES:**

1. Any child under the age of 6 or Any child that wears a flotation device, must be accompanied in the pool by someone 18 or older.
2. While we offer basic "bubble" flotation devices, noodles and some toys. All other equipment is for our programs not open swim.
3. 30 minute limit for Lap Swimming when other people are waiting.

8/23/2022