

Pool 1 Schedule Sep 15th - Nov 2nd

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM	6: LAP SWIM/JOG 5:30-9:30	6: LAP SWIM/JOG 5:30-9:30	6: LAP SWIM/JOG 5:30-9:30	6: LAP SWIM/JOG 5:30-9:30	6: LAP SWIM/JOG 5:30-9:30	YMCA CLOSED	POOL CLOSED
6:00AM							
6:30AM							
7:00AM						LAP SWIM/JOG 7:15-9:00	
7:30AM							
8:00AM							
8:30AM							
9:00AM							
9:30AM	3:POWER HOUR 9:30-10:30	3:DEEP WATER 9:30-10:30	3:POWER HOUR 9:30-10:30	3:DEEP WATER 9:30-10:30	3:POWER HOUR 9:30-10:30	4:SWIM LESSONS 2:LAP SWIM 9:00-11:00	
10:00AM	3:LAP SWIM	3:LAP SWIM	3:LAP SWIM	3:LAP SWIM	3:LAP SWIM		
10:30AM	2:LAP SWIM 4: AQUA ZUMBA 10:30-11:30	4:LAP SWIM 2:OPEN SWIM 10:30-2:00	4:LAP SWIM 2:OPEN SWIM 10:30-2:00	4:LAP SWIM 2:OPEN SWIM 10:30-2:00	4:LAP SWIM 2:OPEN SWIM 10:30-2:00	5: LAP SWIM 1: PRIVATE LESSONS 11:00-12:30	OPEN SWIM 1:00-4:30
11:00AM							
11:30AM							
12:00PM							
12:30PM							
1:00PM							
1:30PM							
2:00PM	POOL CLOSED 2:00-3:00	POOL CLOSED 2:00-3:00	POOL CLOSED 2:00-3:00	POOL CLOSED 2:00-3:00	POOL CLOSED 2:00-3:00	RENTALS 2:00 - 3:30	YMCA CLOSSES AT 5:00B4:H35
2:30PM							
3:00PM							
3:30PM	6: SWIM TEAM 3:00-6:35	6: SWIM TEAM 3:00-7:15	6: SWIM TEAM 3:00-6:35	6: SWIM TEAM 3:00-7:15	6: SWIM TEAM 3:30-5:00	YMCA CLOSSES AT 4:00	
4:00PM							
4:30PM							
5:00PM							
5:30PM							
6:00PM	3:SWIM TEAM 6:35-6:45	3:SWIM TEAM 6:35-6:45	3:SWIM TEAM 6:35-6:45	3:SWIM TEAM 6:35-6:45	4: LAP SWIM 2: OPEN SWIM 5:00-6:00		
6:30PM	3: LESSONS 6:35-6:45	3: LESSONS 6:35-6:45	3: LESSONS 6:35-6:45	3: LESSONS 6:35-6:45	YMCA CLOSSES AT 7:00		
7:00PM	3: SWIM LESSONS 3: LAP SWIM 7:15-8:00	3: SWIM LESSONS 3: LAP SWIM 7:15-8:00	3: SWIM LESSONS 3: LAP SWIM 7:15-8:00	3: SWIM LESSONS 3: LAP SWIM 7:15-8:00			
7:30PM	4: LAP SWIM 2: OPEN SWIM 8:00-8:30	4:LAP SWIM 2:OPEN SWIM 7:15-8:30	4: LAP SWIM 2: OPEN SWIM 8:00-8:30	4:LAP SWIM 2:OPEN SWIM 7:15-8:30			
8:00PM							
8:30PM							
9:00PM	YMCA CLOSSES 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 age 6 must be with an adult in water.

Revised 9/16/25