



# POOL SCHEDULE

86° - 88° (Desired Temp)

## MEMBER ONLY NORTH POOL

Nov 11 2023 - Dec 15

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY CLOSED
5AM	ADULT SWIM 5-5:30am		ADULT SWIM 5-5:30am		ADULT SWIM 5-5:30am		
5:30AM	WATER AEROBICS 5:30-6:30am	ADULT SWIM 5-8am	WATER AEROBICS 5:30-6:30am	ADULT SWIM 5-8am	WATER AEROBICS 5:30-6:30am		
6:30AM	ADULT SWIM 6:30-8am		ADULT SWIM 6:30-8am		ADULT SWIM 6:30-8am		
8AM	WATER AEROBICS 8-9am	WATER AEROBICS 8-9am	WATER AEROBICS 8-9am	WATER AEROBICS 8-9am	WATER AEROBICS 8-9am	ADULT SWIM 8-8:30am	
9-11AM	ADULT SWIM 9-10:30am	SWIM LESSONS 9-10:30am	ADULT SWIM + RENTAL 9-10:30am	SWIM LESSONS 9-10:30am	ADULT/FAMILY SWIM 9-11am	ADULT SWIM 8-8:30am	
	SWIM LESSONS 10:30-11am Adult Deep end available	ADULT SWIM 10:30-11am	SWIM LESSONS 10:30-11am Adult Deep end available	ADULT SWIM 10:30-11am	Shared with a Rental from 9-9:30 Starting 12/1/23	Swim Lessons 8:30-9am Adult Deep end	
10:30-11AM						SWIM LESSONS Only 9-10:30am	
11-12:30PM	ADULT SWIM 11-12:30pm	WATER ARTHRITIS 11-12pm	ADULT SWIM 11-12:30pm	WATER ARTHRITIS 11-12pm	ADULT SWIM 11:00-12:30pm	FAMILY SWIM & SLIDE 10:30-11:30am (as staffing allows)	
		ADULT SWIM 12-12:30pm		ADULT SWIM 12-12:30pm		SATURDAY POOL CLOSURES AT 11:30am Saturday	
12:30-1:30PM	WATER YOGA 12:30-1:30pm		WATER YOGA 12:30-1:30pm		WATER YOGA 12:30-1:30pm		
1:30-2PM	ADULT SWIM 1:30-2pm	WATER ARTHRITIS/WELLNESS 12:30-1:15pm	ADULT SWIM 1:30-2pm	WATER ARTHRITIS/WELLNESS 12:30-1:15pm	ADULT SWIM 1:30-2pm		
2-3PM	WATER WELLNESS 2-3pm	ADULT SWIM 1:15-3pm	WATER WELLNESS 2-3pm	ADULT SWIM 1:15-3pm	WATER WELLNESS 2-3pm		
3PM	FAMILY SWIM 3-7:30pm	SWIM LESSONS 3-6pm	FAMILY SWIM 3-7:30pm	SWIM LESSONS 3-6pm	FAMILY SWIM 3-7:30pm		
5:30-6:30PM	FAMILY SWIM & SLIDE 5-6:30pm (as staffing allows)	FAMILY SWIM 6-7:30pm	FAMILY SWIM & SLIDE 5-6:30pm (as staffing allows)	FAMILY SWIM 6-7:30pm	FAMILY SWIM & SLIDE 5-6:30pm (as staffing allows)		
6:30-7:30PM	FAMILY SWIM	FAMILY SWIM & SLIDE 6:30-7:30pm (as staffing allows)	FAMILY SWIM	FAMILY SWIM & SLIDE 6:30-7:30pm (as staffing allows)	FAMILY SWIM		

- ADULT SWIM
- WATER EXERCISE CLASSES
- Shared Swim Lessons/Adult Swim

- Aerobics M/W/F 5:30-6:30am
- Aerobics M-F 8-9am
- Arthritis T/TH 11am-12pm
- Arthritis/Wellness T/TH 12:30-1:15pm
- Yoga M/W/F 12:30-1:30pm
- Aerobics M/W/F 2:00-3:00pm

**FAMILY SWIM**  
 Family Swim: Must have an adult 18+ in the pool with youth 13 or under. Families with more than one child are asked to use the individual shower rooms.

**SLIDE**  
 as staffing allows

**SWIM LESSONS**

**HOT TUB**

- Ages 16+

**STEAM ROOM & SAUNA**

- Ages 18+

**SLIDE**

- Swimmer under 48 inches must wear lifejacket
- One person at a time, feet first arms across chest.
- Wait for YMCA Staff cue
- No horseplay

**AQUATIC CENTER CLOSURES**  
 M-F at 7:30pm  
 Saturday 11:30am



# POOL SCHEDULE

## MEMBER ONLY SOUTH POOL

Nov 11 2023 – Dec 15

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Closed Sunday
5AM	<div style="background-color: #0070C0; color: white; padding: 5px;"> <p><b>Water Aerobics</b> 8-9am (3 Lanes) <u>3 LAP LANES</u></p> </div>						Closed Sunday
8AM							
9AM							
10AM							
11AM							
11:30AM							
1PM							
2PM							
3PM							
3:30PM							
5:30-7:30PM	<p><u>2 LAP LANES AVAILABLE 5:30PM-7:30PM M-F</u></p>						
<p>Aquatic Center Closed 7:30pm</p>							

**LAP LANES/  
WATER WALKING**

- OUTSIDE LANES ARE SLOW/WALKING LANES
- PLEASE SHARE WITH COMPATIBLE SWIMMERS
- LANE LINES MOVED 5 MINUTES BEFORE CLASS

**WATER EXERCISE**  
Aerobics M-F 8-9am  
Water Walking M/W/F 10-11am

**SWIM LESSONS**

**SWIM TEAM**

**AQUATIC CENTER CLOSED**  
ALL MEMBERS TO CLEAR THE AREA  
Lifeguard may limit capacity at their discretion.  
Lifeguard has final say.

80° - 81° (Desired Temp)  
25 yard pool  
36 laps = 1 mile  
72 lengths = 1 mile

**HOT TUB**

- Ages 16+

**STEAM ROOM & SAUNA**

- Ages 18+