



POOL SCHEDULE

86° - 88° (Desired Temp)

MEMBER ONLY NORTH POOL

April 15 – June 8

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY CLOSED
5AM	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	ADULT SWIM 5-8am		
6:30AM	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	Swim Lessons 8:30-10am Adult Deep end	
10:30-11AM						SWIM LESSONS Only 10-10:30am	
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 10:30-12:30pm	
12:30-1:30PM	WATER YOGA 12:30-1:30pm	ADULT SWIM 12-12:30pm	WATER YOGA 12:30-1:30pm	ADULT SWIM 12-12:30pm	WATER YOGA 12:30-1:30pm	ADULT SWIM 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	FAMILY SWIM 1:30-3:30pm	
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 (3-4pm deep end available)	FAMILY SWIM 3-7:30pm	SWIM LESSONS 3-6pm (3-4pm deep end available)	FAMILY SWIM 3-7:30pm	ADULT SWIM + RENTAL 3:30-4:30pm	
4:30PM	(Slide 5:30-7pm)	FAMILY SWIM 6-7:30pm	(Slide 5:30-7pm)	FAMILY SWIM 6-7:30pm	(Slide 5:30-7pm)	Saturday Aquatic Center Closes at 4:30pm	
6:30-7:30PM							

7:30PM AQUATIC CENTER CLOSSES AT 7:30PM MONDAY- FRIDAY

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 Currently closed parts on order

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



POOL SCHEDULE

MEMBER ONLY SOUTH POOL

April 15 – June 8

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Closed Sunday
5AM	<div style="background-color: #0070C0; color: white; padding: 5px;"> LAP LANES/ WATER WALKING </div> <ul style="list-style-type: none"> OUTSIDE LANES ARE SLOW/WALKING LANES PLEASE SHARE WITH COMPATIBLE SWIMMERS LANE LINES MOVED 5 MINUTES BEFORE CLASS 						Closed Sunday
8AM							
8AM	<div style="background-color: #00AEEF; color: white; padding: 5px;"> Water Aerobics 8-9am (3 Lanes) <u>3 LAP LANES</u> </div>		<div style="background-color: #00AEEF; color: white; padding: 5px;"> Water Aerobics 8-9am (3 Lanes) <u>3 LAP LANES</u> </div>		<div style="background-color: #00AEEF; color: white; padding: 5px;"> Water Aerobics 8-9am (3 Lanes) <u>3 LAP LANES</u> </div>	<div style="background-color: #0070C0; color: white; padding: 5px;"> WATER EXERCISE Aerobics M-F 8-9am Water Walking M/W/F 10-11am </div>	<div style="background-color: #0070C0; color: white; padding: 5px;"> SWIM LESSONS </div>
9AM							
10AM	<div style="background-color: #00AEEF; color: white; padding: 5px;"> Water Walking 10-11am (3 Lanes) <u>3 LAP LANES</u> </div>		<div style="background-color: #00AEEF; color: white; padding: 5px;"> Water Walking 10-11am (3 Lanes) <u>3 LAP LANES</u> </div>		<div style="background-color: #00AEEF; color: white; padding: 5px;"> Water Walking 10-11am (3 Lanes) <u>3 LAP LANES</u> </div>	<div style="background-color: #0070C0; color: white; padding: 5px;"> SWIM TEAM </div>	<div style="background-color: #A9A9A9; color: black; padding: 5px;"> AQUATIC CENTER CLOSED ALL MEMBERS TO CLEAR THE AREA Lifeguard may limit capacity at their discretion. </div>
11AM							
11:30AM	<div style="background-color: #0070C0; color: white; padding: 5px;"> Saturday Lap Swim 8am-4:30pm </div>						<div style="background-color: #A9A9A9; color: black; padding: 5px;"> AQUATIC CENTER CLOSED ALL MEMBERS TO CLEAR THE AREA Lifeguard may limit capacity at their discretion. </div>
1PM							
2PM							
3PM							
3:30PM	<div style="background-color: #6A329F; color: white; padding: 5px;"> <u>NO LAP LANES AVAILABLE 3:30-5:30PM M-F</u> <u>2 LAP LANES 5:30-6:30PM M-F</u> <u>5 LAP LANES AVAILABLE 6:30-7:30PM T/TH</u> <u>4 LAP LANES AVAILABLE 6:30-7:30PM M/W</u> <u>ALL LANES AVAILABLE 6:30-7:30PM FRIDAYS</u> </div>					<div style="background-color: #FFD700; color: black; padding: 5px;"> Aquatic Center Closes at 4:30pm Saturday </div>	
5:30-7:30PM	<div style="background-color: #FFD700; color: black; padding: 5px;"> Aquatic Center Closed 7:30pm Monday - Friday </div>					<div style="background-color: #6A329F; color: white; padding: 5px; border-radius: 10px;"> 80° - 81° (Desired Temp) 25 yard pool 36 laps = 1 mile 72 lengths = 1 mile </div>	

**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.

HOT TUB

- Ages 16+

STEAM ROOM & SAUNA

- Ages 18+