

# Recreation Pool

2024: Fall 9/30-10/27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM						Rec Pool Closed 10/19 from 8:00am-3:00pm for Swim Meet. No Swim Lessons on 10/19.	During the times when only 2 lap lanes are available, lap swimming only permitted unless accompanied by a YMCA aquatic staff	
6:00		Adult Lap Swim Class 3 LL 6-7am		Adult Lap Swim Class 3 LL 6-7am		Lanes Closed Sun 10/20, 11/17, 1:00-3:30, for Wubit Events	Rec Pool Closed 1:00-3:30, 9/29, for Swim Team Fundraiser	
6:30								
7:00								
7:30								
8:00								
8:30								
9:00						Swim Team 9a-12:45p 6LL starts 9/14	2 L L	
9:30								
10:00	Deep Water Running 10-10:50		Deep Water Running 10-10:50		Deep Water Running 10-10:50			
10:30								
11:00								
11:30								
12:00 PM	Power Lunch 12:10-12:55		Power Lunch 12:10-12:55		Power Lunch 12:10-12:55			
12:30						Swim Lessons 1:00-1:30	4 L L	
1:00								
1:30								
2:00							9/29, Pool Closed @1pm for Swim Team Fundraiser	
2:30								
3:00								
3:30	Cubs ST 3:30-4:15 6LL		Cubs ST 3:30-4:15 6LL				Pool Closes at 3:30PM	
4:00								
4:30	Blue Lions Swim Team 4:15-6:15 6LL	Blue Lions Swim Team 4:15-6:15 6LL	Blue Lions Swim Team 4:15-6:15 6LL	Blue Lions Swim Team 4:15-6:15 6LL	Blue & White Swim Team 4:15-6:15 6LL			
5:00								
5:30								
6:00								
6:30	Pride ST 6:15-7:15 8LL	Pride ST 6:15-7:15 8LL	Pride ST & Lessons 6:15-7:15 8LL	Pride ST 6:15-7:15 8LL	Cubs ST 6:15-7:00 6LL			
7:00								
7:30	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL				
8:00								
8:30								
9:00	Pool Closes at 8:45 PM							

For the most up-to-date schedule, use phone camera on QR code



KEY: YSL = YMCA Swimming Lessons; ST = Swim Team & LL = LAP LANES  
Pool Schedule is a general guideline - programs & lanes subject to change

updated  
9/28/2024

# Therapy Pool

2024: Fall 9/30-10/27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:30 AM	Adult & Therapeutic Exercise Time 5:30-9:00a	Adult & Therapeutic Exercise Time 5:30-9:00a	Adult & Therapeutic Exercise Time 5:30-9:00a	Adult & Therapeutic Exercise Time 5:30-9:00a	Adult & Therapeutic Exercise Time 5:30-9:00a	There will be NO private lessons allowed in the therapy pool during the first hour of Member Workout on weekends.	Family Swim time requires a wristband that you can pick up at the front desk up to 15 minutes before that session. The band is good for one session only.		
6:00									
6:30									
7:00									
7:30									
8:00									
8:30	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Adult & Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00-10:00a	Sun 10/20, 11/17, Pool Closed @ 1:30pm for Wubit Events		
9:00									
9:30	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	Group swim lessons 10a-11a	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	Group swim lessons 10a-11a	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	Swim Lessons 10:00am-12:50pm	Adult & Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00am-12:30pm		
10:00									
10:30									
11:00	<b>Arthritis &amp; More 11:00-12:00</b>	<b>Family Swim 11:00-11:55a</b>	<b>Arthritis &amp; More 11:00-12:00</b>	<b>Family Swim 11:00-11:55a</b>	<b>Arthritis &amp; More 11:00-12:00</b>				
11:30	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p			Adult & Therapeutic Exercise Time w/ Swim Lessons 12:30p -2:00p	<b>Family Swim A 12:30-1:25p</b>
12:00 PM									
12:30						<b>Family Swim B 1:30-2:25p</b>			
1:00									
1:30						<b>Family Swim C 2:30-3:25p</b>			
2:00									
2:30	<b>Family Swim A 2:00-2:55p</b>								
3:00									
3:30	<b>Family Swim B 3:00-3:55p</b>								
4:00									
4:30	<b>Family Swim 4:00p-4:55p</b>	<b>Family Swim 3:30p-4:25p</b>	<b>Family Swim 4:00p-4:55p</b>	<b>Family Swim 3:30p-4:25p</b>	<b>Family Swim 4:00p-4:55p</b>	<b>Pool Closes at 3:30PM</b>			
5:00	Swim Lessons 5:00-6:45	Swim Lessons 4:30-6:45	Swim Lessons 4:30-7:00	Adapted Swim Lessons 5:00pm-7:00pm	Swim Lessons 5:00-6:05		Swim Lessons 4:30-6:45		
5:30									
6:00									
6:30									
7:00	Adult & Therapeutic Exercise Time 6:50-8:00	Adult & Therapeutic Exercise Time 6:50-8:00	Adult & Therapeutic Exercise Time 7:00-8:00	Adult & Therapeutic Exercise Time 7:00-8:00	Adult & Therapeutic Exercise Time 6:50-8:00	Adult & Therapeutic Exercise Time 6:50-8:00	Pool Closes at 5:00PM		
7:30									
8:00									
8:00	Pool Closes at 7:00pm until further notice due to staffing				For the most up-to-date schedule, use phone camera on QR code				

Pool Schedule is a general guideline - programs subject to change

