

# Recreation Pool

Thanksgiving Week 11/25-12/2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:30 AM					Closed		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							
6:30									
7:00									
7:30									
8:00									
8:30									
9:00						Open 7:00a-12:45p			
9:30									2 L L
10:00	Deep Water Running 10-10:50		Deep Water Running 10-10:50						Swim Team 9a-12:45p 6LL starts 9/14
10:30	4 L L		4 L L				2 L L		
11:00									
11:30									
12:00 PM	Power Lunch 12:10-12:55		Power Lunch 12:10-12:55				Swim Lessons 1:00-1:30		
12:30	4 L L		4 L L				4 L L		
1:00				CLOSED FOR THANKS-GIVING					
1:30									
2:00									
2:30									
3:00									
3:30	Cubs ST 3:30-4:15 6LL		Cubs ST 3:30-4:15 6LL						
4:00	2 L L		2 L L						
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						
5:00	2 L L	2 L L	2 L L						
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						
7:00	2 L L	2 L L	2 L L						
7:30	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL						
8:00	2 L L	2 L L	2 L L						
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 11/22/2024

# Therapy Pool

Thanksgiving Week 11/25-12/2

	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	CLOSED FOR THANKSGIVING	Closed	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												
9:00	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a		CLOSED FOR THANKSGIVING	Adult & Therapeutic Exercise Time 7:00a-10:40a	Adult & Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00-10:00a	Adult & Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00am-12:30pm				
9:30	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	<b>Family Swim 10:00-10:55a</b>	Adult & Therapeutic Exercise w/ PL 10:00-11:00a						<b>Family Swim</b>			
10:00	<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>10:45-11:50a</b>		
10:30	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p							<b>Family Swim</b>		
11:00									<b>Family Swim A 12:30-1:25p</b>			
11:30											<b>Family Swim B 1:30-2:25p</b>	
12:00 PM										<b>Family Swim C 2:30-3:25p</b>		
12:30				Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p		Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Closed	Adult & Thp. Exercise Time w/ P. Lessons 1:00p -2:00p	Pool Closes at 3:30PM		
1:00											<b>Family Swim A 2:00-2:55p</b>	
1:30												<b>Family Swim B 3:00-3:55p</b>
2:00	<b>Family Swim C 4:00-4:55p</b>											
2:30		Pool Closes at 5:00PM										
3:00			For the most up-to-date schedule, use phone camera on QR code									
3:30												
4:00				<b>Family Swim 4:00p-4:55p</b>								
4:30	<b>Family Swim 4:00p-4:55p</b>	<b>Family Swim 4:00p-4:55p</b>	<b>Family Swim 4:00p-4:55p</b>									
5:00	<b>Family Swim 5:00p-5:55p</b>	<b>Family Swim 5:00p-5:55p</b>	<b>Family Swim 5:00p-5:55p</b>	Pool Closes at 7:00pm until further notice due to staffing								
5:30	Swim Lessons 6:15-6:45p	Adult & Therapeutic Exercise Time 6:00-8:00	Water Fitness 6:10-7:00									
6:00	Adult & Therapeutic Exercise Time 6:50-8:00	Adult & Therapeutic Exercise Time 6:00-8:00	Adult & Therapeutic Exercise Time 7:00-8:00	Pool Closes at 7:00pm until further notice due to staffing								
6:30												
7:00				Pool Closes at 7:00pm until further notice due to staffing								
7:30												
8:00												

Pool Schedule is a general guideline - programs subject to change

