Recreation Pool 2025: 4/21-6/8

Adult Lap   Swim Class   Swim	<u></u>	Recreation Pool 2025: 4/21-6/8											
Adult Lap   Swim Class   3 LL 6-7am   Swim Team   L 10-01-550   L			/	Tuesda	У	Wedneso	day	Thursda	ay	Friday		Saturday	
Some Lanes   Som				Adult Lan				Adult Lan	_ <del>_</del>				lanes are
Trigon   T	6:30			Swim Class				Swim Class				5/18	avaliable, lap
7:30 8:00 8:30 9:00 9:30 10:00   Deep Water   Running   L   Deep Water   Ru				3 LL 6-7am				3 LL 6-7am	ļ				permitted unless
Simple   S													accompanied by a YMCA aquatic staff
Sign	8:00												Closed Monday
10:30   Deep Water   4   L   L   L   L   L   L   L   L   L	8:30												Memorial Day
10:00   Deep Water   4   Running   1-1   10:00   10:00   1-10:00												Blue & 2	
10:00   Deep Water   4   Nunning   10:10:50   L												vviiite	
10:30   10-10:50   L   11:00     11:30     12:00 PM   Power Lunch   12:10-12:55   L     12:00 L   12:00		D									_	9:00-11:00	
11:30		10-10:50											
12:00 PM												4LL <b>4</b>	
12:30			4			Power	4			Power	4	12:00 L	4
1:00		Lunch	L			Lunch	L			Lunch	L		1
1:30     2:00     2:30     3:00   8   Lanes Open     8   Lanes Open     8   Lanes Open     2   Blue Lions   3:30   8   Lanes Open     9   Open   1   Open	1:00		L			12.10-12.00	<u> </u>			.2.10 12.00	L	Lessons 1:00-	
2:30	1:30											L	1
3:00   3:30   8 Lanes Open   9 Colored at 3:30PN   9 Colored	2:00												
3:30   8 Lanes Open   9 Lanes Open	2:30												
A:30	3:00					01-							
A:30	3:30	8 Lanes Op	en			8 Lanes O	pen						
A:30   Blue Lions   Swim Team   4:15-6:15   6LL	4:00												Pool Closes
5:00         Swim Team 4:15-6:15 6LL         L 4:15-6:15 6LL         L 4:15-6:15 6LL         L 4:15-6:15 6LL         L 5wim Team	4:30	Blue Lions	2		2		2		2	Blue &	2		at 3:30PM
Signature   Sign	5:00									White			
6:00 6:30 Cubs/Pride 6:15-7:15 5LL 7:00 White Lions 7:15-8:45 4LL 8:30 White Lions 7:15-8:45 4LL  6:30 Cubs/Pride 8 Lessons 6:15-7:15 5LL  7:30 White Lions 7:15-8:45 4LL  7:30 White Lions 7:15-8:45 4LL  8:30 White Lions 7:15-8:45 4LL  4 White Lions 7:15-8:45 4LL  4 L White Lions 7:15-8:45 4LL  6:15-7:15 5LL  4 L White Lions 7:15-8:45 4LL  4 L White Lions 7:15-8:45 4LL	5:30									4:15-6:15			
Too   Cubs/Plide   G:15-7:15   SLL     Substituting	6:00									6LL			
7:00 5LL L 5LL 1 5			3		3	Lessons				8 Lanes One	-n	•	
White Lions 7:15-8:45 4LL		5LL								o Lanes Ope	J11	phone came	ra on QR code
8:00 7:15-8:45 L 7:15-8:15 L 7:15 L 7:15-8:15 L 7:15-8:15 L 7:15-8		White Lions		White Lions		White Lions		White Lions					
8.30		7:15-8:45		7:15-8:45		7:15-8:45		7:15-8:45					
Pool Closes at 8:45 PM													
	9:00			P	ool	Closes at	8:4	5 PM					

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

upaatea 4/5/2025 Therapy Pool 2025: 4/21-6/8

	Therapy		· ·	· ·	1		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM 6:00 6:30 7:00 7:30	Adult & Therapeutic Exercise	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.
8:30						Adult & Therapeutic Exercise Time w/	Closed Monday 5/26 for Memorial Day
9:00	3.00 10.000	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 Private Lessons (9:00am) 8:00-10:00a		Adult & Therapeutic
10:00	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim		Exercise Time
10:30	10.00 10.000	10:00-10:55a	10:00-10:55a	10:00-10:55a	10:00-10:55a	Swim Lessons 10:00am- 12:50pm	w/ Private Lessons
11:00	<b>More</b> 11:00-12:00	Family Swim 11:00-11:55a	Arthritis & More 11:00-12:00	Family Swim 11:00-11:55a	Arthritis & More 11:00-12:00		(10:00am) 9:00am- 12:30pm
12:00 PM 12:30 1:00 1:30 2:00 2:30 3:00	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 & Thp. Exercise Time w/ P. Lessons 1:00p -2:00p Family Swim A 2:00- 2:55p Family Swim B 3:00-	Family Swim A 12:30- 1:25p Family Swim B 1:30- 2:25p Family Swim C 2:30- 3:25p
3:30		Family Swim		Family Swim		3:55p	
4:00	Family Swim	3:30p-4:25p	Family Swim 4:00p-4:55p	3:30p-4:25p	Family Swim 4:00p-4:55p	Family Swim C 4:00- 4:55p	Pool Closes at 3:30PM
5:00 5:30 6:00 6:30	Swim Lessons 5:00-6:45	Swim Lessons 4:30-6:45	Swim Lessons 5:00-6:05 Water Fitness 6:10-7:00	Swim Lessons 4:30-7:00	Adapted Swim Lessons 5:00pm- 7:00pm	Pool Closes at 5:00PM  For the most up-tuse phone came	o-date schedule,
7:00	Family Swim	Family Swim	Family Swim	Family Swim	Adult & Thp.		
7:30 8:00 8:30	Adult & Thp. Exercise Time w/ P. Lessons 8:00-8:45p	7:00p-7:55p  Adult & Thp. Exercise Time w/ P. Lessons 8:00-8:45p Poo	7:00p-7:55p  Adult & Thp. Exercise Time w/ P. Lessons 8:00-8:45p I Closes at 8:45		Exercise Time w/ P. Lessons 7:00-8:45p		