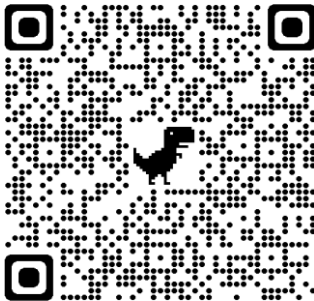


Recreation Pool

2024: Winter 1/8-3/2

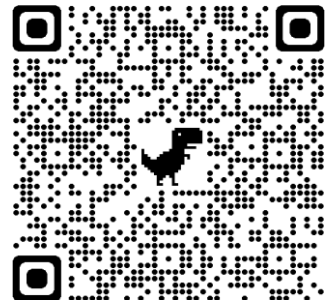
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM		Adult Lap Swim Class 3 LL 6-7am		Adult Lap Swim Class 3 LL 6-7am		Saturday 1/13 and 1/20, Swim Meet 8:00am-1:00pm No Lanes Available	During the times when only 2 lap lanes are available, lap swimming only permitted unless accompanied by a YMCA aquatic staff	
6:00								
6:30								
7:00								
7:30								
8:00								
8:30								
9:00								
9:30								
10:00							Deep Water Running 10-10:50	5 L L
10:30								
11:00					Swim Team 10a-12:30p 6LL	2 L L L		
11:30								
12:00 PM								
12:30								
1:00								
1:30								
2:00								
2:30								
3:00								
3:30								
4:00	Power Lunch 12:10-12:55	4 L L	Power Lunch 12:10-12:55	4 L L	Power Lunch 12:10-12:55	4 L L		
12:30								
1:00								
1:30								
2:00								
2:30								
3:00								
3:30								
4:00	Blue Lions Swim Team 4:15-6:15 6LL	2 L L	Blue Lions Swim Team 4:15-6:15 6LL	2 L L	Blue Lions Swim Team 4:15-6:15 6LL	2 L L		Wibit Event 1/21 1:30-3:30pm Pool Closed 1:00- 1:30pm for set-up
4:30								
5:00								
5:30								
6:00								
6:30								
7:00								
7:30								
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

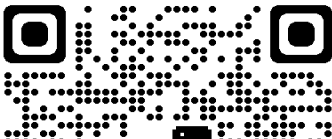
For the most up-to-date schedule, use phone camera on QR code



updated
1/3/2024

Therapy Pool

2024: Winter 1/8-3/2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Member Workout 5:30-9:00a	Member Workout 5:30-9:00a	Member Workout 5:30-9:00a	Member Workout 5:30-9:00a	Member Workout 5:30-9:00a	There will be NO private lessons allowed in the therapy pool during the first hour of Member Workout on weekends.	Leisure 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 A , B or C 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	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Member Workout w/ Private Lessons (9:00am) 8:00-10:00a	Member Workout w/ Private Lessons (10:00am) 9:00am-12:30pm
9:30							
10:00	Member Workout w/ Private Lessons 10:00-11:00a	Group swim lessons 10a-11a	Member Workout w/ Private Lessons 10:00-11:00a	Group swim lessons 10a-11a	Member Workout w/ Private Lessons 10:00-11:00a	Swim Lessons 10:00am-12:50pm	
10:30							
11:00	Arthritis & More 11:00-12:00	Leisure Swim 11:00-11:55a	Arthritis & More 11:00-12:00	Leisure Swim 11:00-11:55a	Arthritis & More 11:00-12:00		
11:30							
12:00 PM	Member Workout w/ Private Lessons 12:00-3:55p	Member Workout w/ Private Lessons 12:00-3:55p	Member Workout w/ Private Lessons 12:00-3:55p	Member Workout w/ Private Lessons 12:00-3:55p	Member Workout w/ Private Lessons 12:00-3:55p	Member Workout w/ Private and 1 small group lesson 12:30p -2:00p	Leisure Swim A 12:30-1:30p
12:30							
1:00						Leisure Swim B 3:00-4:00p	Leisure Swim C 2:30-3:30p
1:30							
2:00						Leisure Swim A 4:00-5:00p	Leisure Swim B 4:00-5:00p
2:30							
3:00						Leisure Swim C 4:00-5:00p	Leisure Swim A 4:00-5:00p
3:30							
4:00	Leisure Swim 4:00p-4:55p	Leisure Swim 4:00p-4:55p	Leisure Swim 4:00p-4:55p	Leisure Swim 4:00p-4:55p	Leisure Swim 4:00p-4:55p	Leisure Swim C 4:00-5:00p	Pool Closes at 3:30PM
4:30							
5:00	Swim Lessons 5:00-6:05	Swim Lessons 5:00-7:00	Swim Lessons 5:00-6:05	Swim Lessons 5:00-7:00	Adapted Swim Lessons 5:00pm-7:00pm	Pool Closes at 5:00PM	For the most up-to-date schedule, use phone camera on QR code
5:30							
6:00	Water Fitness 6:10-7:00		Water Fitness 6:10-7:00				
6:30						Pool Closes at 7:00pm Friday	
7:00	Member Workout 7:00-8:00	Member Workout 7:00-8:00	Member Workout 7:00-8:00	Member Workout 7:00-8:00			
7:30							
8:00	Pool Closes at 8:00pm Monday-Thursday						

Pool Schedule is a general guideline - programs subject to change

