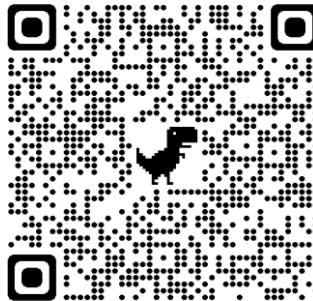


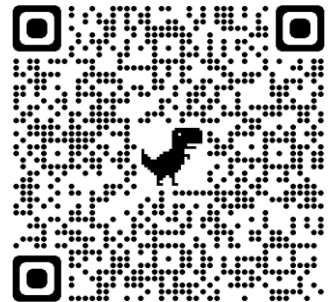
# Recreation Pool

2024: Spring 4/1-6/2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM						Healthy Kids' Day on 4/20, Pools will close early. Check the website for more details.	During the times when only 2 lap lanes are available, lap swimming only permitted unless accompanied by a YMCA aquatic staff	
6:00	Swim Team 3LL 6-7:30am starts 4/15	Adult Lap Swim Class 3 LL 6-7am	Swim Team 3LL 6-7:30am starts 4/15	Adult Lap Swim Class 3 LL 6-7am	Swim Team 3LL 6-7:30am starts 4/15		LG Courses on 4/26-4/28, 5/17-5/19, 5/31-6/2	
6:30								
7:00								
7:30								
8:00								
8:30								
9:00								
9:30								
10:00	Deep Water Running 10-10:50		Deep Water Running 10-10:50		Deep Water Running 10-10:50	Swim Team 10a-12:30p 6LL	2	
10:30							L	
11:00							2	
11:30							L	
12:00 PM	Power Lunch 12:10-12:55		Power Lunch 12:10-12:55		Power Lunch 12:10-12:55	Swim Lessons 12:30-1:30	2	
12:30							L	
1:00							L	
1:30								
2:00						4/13 PA F&B Comission Training 2-5pm 4LL	Pool Closes at 3:30PM	
2:30								
3:00								
3:30								
4:00	Blue Lions Swim Team 4:15-6:15 6LL starts 4/15	Blue Lions Swim Team 4:15-6:15 6LL	Blue Lions Swim Team 4:15-6:15 6LL starts 4/15	Blue Lions Swim Team 4:15-6:15 6LL	Swim Team Blue Lions 4:15-6:15 6LL starts 4/15		Pool Closes at 5:00PM	
4:30								2
5:00								L
5:30								
6:00					Cubs 6:15-7:00 Pride 6:15-7:30 starts 4/15			
6:30	Cubs 6:15-7pm White Lion 6:45-8:15 starts 4/15	Pride 6p-7p Swim lessons 6:15-6:45 White Lion 6:45-8:15 starts 4/15	Cubs 6:15-7pm White Lion 6:45-8:15 starts 4/15	Pride 6p-7p Swim lessons 6:15-6:45 White Lion 6:45-8:15 starts 4/15	Swim Team 6LL	For the most up-to-date schedule, use phone camera on QR code		
7:00								2LL
7:30					8LL			
8:00	7:45-8:15	7:45-8:15	7:45-8:15	7:45-8:15				
8:30								
9:00	Pool Closes at 8:45 PM							

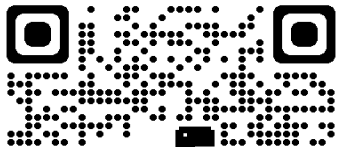
KEY: YSL = YMCA Swimming Lessons; ST = Swim Team & LL = LAP LANES  
Pool Schedule is a general guideline - programs & lanes subject to change

updated  
3/25/2024



# Therapy Pool

2024: Spring 4/1-6/2

	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	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.	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						Adult & Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00-10:00a		
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	Swim Lessons 10:00am-12:50pm	Adult & Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00am-12:30pm	
9:30	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			
10:00	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			
10:30	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			
11:00	Arthritis & More 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			
11:30	Arthritis & More 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			
12:00 PM	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	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/ Swim Lessons 12:30p -2:00p	Family Swim A 12:30-1:25p	
12:30						Adult & Therapeutic Exercise Time w/ Swim Lessons 12:30p -2:00p	Family Swim B 1:30-2:25p	
1:00						Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Family Swim A 2:00-2:55p	Family Swim C 2:30-3:25p
1:30						Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Family Swim A 2:00-2:55p	Family Swim C 2:30-3:25p
2:00						Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Family Swim A 2:00-2:55p	Family Swim C 2:30-3:25p
2:30						Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Family Swim A 2:00-2:55p	Family Swim C 2:30-3:25p
3:00						Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Family Swim A 2:00-2:55p	Family Swim C 2:30-3:25p
3:30						Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Family Swim A 2:00-2:55p	Family Swim C 2:30-3:25p
4:00	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim C 4:00-4:55p	Pool Closes at 3:30PM	
4:30	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim C 4:00-4:55p		
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	Swim Lessons 5:00-6:05		Swim Lessons 5:00-6:05					
6:00	Water Fitness 6:10-7:10p		Water Fitness 6:10-7:10					
6:30	Water Fitness 6:10-7:10p	Water Fitness 6:10-7:10						
7:00	A&T Exercise w/lessons 7:15-8:00p	A&T Exercise w/lessons 7:00-8:00p	A&T Exercise w/lessons 7:15-8:00p	A&T Exercise w/lessons 7:00-8:00p	Pool Closes at 7:00pm Friday			
7:30	A&T Exercise w/lessons 7:15-8:00p	A&T Exercise w/lessons 7:00-8:00p	A&T Exercise w/lessons 7:15-8:00p	A&T Exercise w/lessons 7:00-8:00p				
8:00	Pool Closes at 8:00pm Monday-Thursday							

Pool Schedule is a general guideline - programs subject to change

