



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Swim</b> 6:00–6:50am 7:00–7:45am 8:00–8:45am	<b>Lap Swim</b> 6:00–6:45am 7:00–7:45am 8:00–8:45am	<b>Lap Swim</b> 6:00–6:50am 7:00–7:45am 8:00–8:45am	<b>Lap Swim</b> 6:00–6:50am 7:00–7:45am 8:00–8:45am	<b>Lap Swim</b> 6:00–6:50am 7:00–7:45am 8:00–8:45am 9:00–9:45am 10:00–10:45am	<b>Lap Swim</b> 8:00–8:45am
<b>Aqua Fit</b> 9:00–9:45am 10:00–10:45am Janice	<b>Aqua Fit</b> 9:00–9:45am 10:00–10:45am Kathy	<b>Aqua Fit</b> 9:00–9:45am 10:00–10:45am Janice	<b>Aqua Fit</b> 9:00–9:45am 10:00–10:45am Kathy		
<b>Strength &amp; Stretch</b> 11:00am–11:45pm 12:00–12:45pm Sandy	<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lane 3-4</b> 11:00–11:45pm 12:00–12:45pm	<b>Aquatic Arthritis</b> 11:00am–11:45am <b>Strength &amp; Stretch</b> 12:00pm–12:45pm Sandy	<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lane 3-4</b> 11:00–11:45pm 12:00–12:45pm	<b>Strength &amp; Stretch</b> 11:00am–11:45pm 12:00–12:45pm Sandy	<b>Aqua Cycle</b> 9:00–9:45am Rebecca
<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lanes 3–4</b> 1:00–1:45pm 2:00–2:45pm 3:00–3:45pm 4:00–4:45pm		<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lanes 3- 4</b> 4:00–4:45pm	<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lanes 3–4</b> 1:00–1:45pm 2:00–2:45pm 3:00–3:45pm 4:00–4:45pm 5:00–6:15pm	<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lane 3-4</b> 4:00–4:45pm	<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lanes 3–4</b> 1:00–1:45pm 2:00–2:45pm 3:00–3:45pm 4:00–4:45pm
<b>Aqua Cycle</b> 6:30–7:15pm Rebecca	<b>Aqua Fit</b> 5:00–5:45pm Cyd	<b>Aqua Cycle</b> 6:30–7:15pm Rebecca	<b>Aqua Fit</b> 5:00–5:45pm Cyd	<b>Lap Swim—Lanes 1–2</b> <b>Swim Lessons—Lanes 3–4</b> 5:00–7:00pm	<p><b>*Please call ahead to confirm pool availability.</b></p> <p><b>Birthday parties may be scheduled for 11:00am–12:00pm</b></p>
<b>Lap Swim—Lanes 1–2</b> <b>Open/Family Swim—Lanes 3–4</b> 7:15–7:45pm	<b>Lap Swim—Lanes 1–2</b> <b>Swim Lessons—Lanes 3–4</b> 6:15–7:35pm	<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lanes 3–4</b> 7:15–7:45pm	<b>Lap Swim—Lanes 1–2</b> <b>Swim Lessons—Lanes 3–4</b> 6:00–7:45pm	<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lanes 3–4</b> 7:00–7:45pm	

- Adaptive Open Swim: An open swim period for individuals of all abilities, including physical, mental, and emotional disabilities.
- Lap swim lanes are available for active members, first come first serve, sessions are 45 min starting on the hour. Follow Lap Lane Etiquette, split or circle swim.
- Open Swim is available for independent exercise and shares space with Family Swim.
- Aquatic Group Exercise is available for active members, first come first serve, sign in at the Welcome Desk upon arrival. Space limited.
- Family Swim is available for active family members, first come first serve.
- Safe Pool Rules available on back of schedule.
- Swimming permitted only when a YMCA Lifeguard is present on the pool deck. Prohibited use outside of pool hours. Schedule is subject to change.