



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

SAFE POOLS HAVE RULES

- Swimming is permitted only when a YMCA Lifeguard is present on the pool deck.
- Please shower before entering the pool.
- Circle swim when there are more than two swimmers in a lane.
- Anyone under the age of 18 must pass a swim test for areas more than chest deep.
- Non-Swimmers:
 - Must have an adult (18 years or older) in the water with them.
 - The adult must stay in the shallow end and within arm's length.
- Swimmers:
 - Children 0-11 years of age must have an adult in the pool area.
 - Children 12 years of age or older may swim independently if they pass a swim test.
- Proper attire is required.
- Only clean shoes are permitted.
- No shaving or personal grooming.
- Pollution of swimming pools is prohibited. Urinating, discharge of fecal matter, expectorating, or blowing the nose is prohibited.
- No food or water bottles allowed.
- Be respectful of other members and follow all YMCA staff guidance.