



# MAIN POOL SCHEDULE

JANUARY-APRIL

Please check white board on pool deck for any scheduling changes.

| SUN  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SAT  |
|--|---|--|---|--|---|--|
| CLOSED                                     | 5:00-7:30<br><b>LAP / WW</b><br>ALL LANES                     | 5:00-7:30<br><b>LAP / WW</b><br>ALL LANES                    | 5:00-7:30<br><b>LAP / WW</b><br>ALL LANES                     | 5:00-7:30<br><b>LAP / WW</b><br>ALL LANES                    | 5:00-7:30<br><b>LAP / WW</b><br>ALL LANES                     | CLOSED                                     |
|  | 7:30-8:30<br><b>AQUA FITNESS</b><br>ALL LANES<br>NO LAP LANES | 7:30-8:30<br><b>AQUA AEROBICS</b><br>4 LANES<br>NO LAP LANES | 7:30-8:30<br><b>AQUA FITNESS</b><br>ALL LANES<br>NO LAP LANES | 7:30-8:30<br><b>AQUA AEROBICS</b><br>4 LANES<br>NO LAP LANES | 7:30-8:30<br><b>AQUA FITNESS</b><br>ALL LANES<br>NO LAP LANES |  |
|  | 8:30-9:30<br><b>H.E.A.R.T.</b><br>ALL LANES<br>NO LAP LANES   | 8:30-9:30<br><b>H.E.A.R.T.</b><br>ALL LANES<br>NO LAP LANES  | 8:30-9:30<br><b>H.E.A.R.T.</b><br>ALL LANES<br>NO LAP LANES   | 8:30-9:30<br><b>H.E.A.R.T.</b><br>ALL LANES<br>NO LAP LANES  | 8:30-9:30<br><b>H.E.A.R.T.</b><br>ALL LANES<br>NO LAP LANES   | 9:00-1:00<br><b>LAP / WW</b><br>ALL LANES  |
| 10:00-NOON<br><b>LAP / WW</b><br>ALL LANES | 9:30-1:00<br><b>LAP / WW</b><br>ALL LANES                     | 9:30-1:00<br><b>LAP / WW</b><br>ALL LANES                    | 9:30-1:00<br><b>LAP / WW</b><br>ALL LANES                     | 9:30-1:00<br><b>LAP / WW</b><br>ALL LANES                    | 9:30-1:00<br><b>LAP / WW</b><br>ALL LANES                     |  |
| NOON-1:45<br><b>OPEN SWIM</b><br>ALL LANES | 1:00-2:00<br><b>SCHOOL GROUP LESSONS</b><br>NO LAP LANES      | 1:00-2:00<br><b>SCHOOL GROUP LESSONS</b><br>NO LAP LANES     | 1:00-2:00<br><b>SCHOOL GROUP LESSONS</b><br>NO LAP LANES      | 1:00-2:00<br><b>SCHOOL GROUP LESSONS</b><br>NO LAP LANES     | 1:00-2:00<br><b>SCHOOL GROUP LESSONS</b><br>NO LAP LANES      | 1:00-2:45<br><b>OPEN SWIM</b><br>ALL LANES |
| CLOSED                                     | 2:00-4:30<br><b>LAP / WW</b><br>ALL LANES                     | 2:00-4:30<br><b>LAP / WW</b><br>ALL LANES                    | 2:00-4:30<br><b>LAP / WW</b><br>ALL LANES                     | 2:00-4:30<br><b>LAP / WW</b><br>ALL LANES                    | 2:00-4:30<br><b>LAP / WW</b><br>ALL LANES                     | 3:00-5:00<br><b>PROGRAMS &amp; RENTALS</b> |
|  | 4:30-5:30<br><b>3 LANES LAP / WW</b><br>3 LANES WWSC          | 4:30-5:30<br><b>3 LANES LAP / WW</b><br>3 LANES WWSC         | 4:30-5:30<br><b>3 LANES LAP / WW</b><br>3 LANES WWSC          | 4:30-5:30<br><b>3 LANES LAP / WW</b><br>3 LANES WWSC         | 4:30-5:30<br><b>3 LANES LAP / WW</b><br>3 LANES WWSC          |  |
|  | 5:30-7:00<br><b>SWIM LESSONS / LAP SWIM</b><br>2 LANES        | 5:30-7:00<br><b>SWIM LESSONS / LAP SWIM</b><br>2 LANES       | 5:30-7:00<br><b>SWIM LESSONS / LAP SWIM</b><br>2 LANES        | 5:30-7:00<br><b>SWIM LESSONS / LAP SWIM</b><br>2 LANES       | 5:30-6:30<br><b>OPEN SWIM</b><br>2 LAP LANES                  |  |
|  | 7:00-8:00<br><b>OPEN / LAP SWIM</b><br>3 LANES EACH           | 7:00-8:00<br><b>OPEN / LAP SWIM</b><br>3 LANES EACH          | 7:00-8:00<br><b>OPEN / LAP SWIM</b><br>3 LANES EACH           | 7:00-8:00<br><b>OPEN / LAP SWIM</b><br>3 LANES EACH          | 7:00-8:00<br><b>OPEN / LAP SWIM</b><br>3 LANES EACH           | CLOSED                                     |

PRIVATE LESSONS MAY RESERVE A LANE AT ANY TIME.



# WARM POOL SCHEDULE

January - April

Please check white board on pool deck for any scheduling changes.

| SUN   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SAT   |
|---|---|--|--|--|--|---|
| <b>CLOSED</b>   | 6:00-9:45<br><b>ADULT OPEN</b><br>18+ Only                          | 6:00-9:45<br><b>ADULT OPEN</b><br>18+ Only                         | 6:00-9:45<br><b>ADULT OPEN</b><br>18+ Only   | 6:00-9:45<br><b>ADULT OPEN</b><br>18+ Only   | 6:00-9:45<br><b>ADULT OPEN</b><br>18+ Only   | <b>CLOSED</b>   |
| 10:00-<br>NOON<br><b>ADULT<br/>OPEN/<br/>VETERANS'<br/>SWIM</b><br>18+ Only | 9:45-10:30<br><b>Joint Mobility<br/>and Stretch</b>                 | 9:45-10:30<br><b>LIGHT<br/>AEROBICS</b>                            | 9:45-10:30<br><b>Joint Mobility<br/>and Stretch</b>  | 9:45-10:30<br><b>LIGHT<br/>AEROBICS</b>  | 9:45-10:30<br><b>Joint Mobility<br/>and Stretch</b>  | 9:00-10:00<br><b>ADULT OPEN/<br/>VETERANS' SWIM</b><br>18+ Only |
|   | 10:30-1:00<br><b>ADULT OPEN/<br/>VETERANS'<br/>SWIM</b><br>18+ Only | 10:30-1:00<br><b>ADULT OPEN/<br/>VETERANS<br/>SWIM</b><br>18+ Only | 10:30-11:30<br><b>YMCA<br/>PRESCHOOL</b><br><i>Every 1st and 3rd<br/>week of the Month</i> | 10:30-11:30<br><b>YMCA<br/>PRESCHOOL</b><br><i>Every 1st and 3rd<br/>week of the Month</i> | 10:30-11:30<br><b>YMCA<br/>PRESCHOOL</b><br><i>Every 1st and 3rd<br/>week of the Month</i> | 10:00-2:45<br><b>OPEN SWIM</b>                                  |
| NOON-1:45<br><b>OPEN<br/>SWIM</b>   | 1:00-2:00<br><b>SCHOOL GROUP<br/>LESSONS</b>                        | 1:00-2:00<br><b>SCHOOL GROUP<br/>LESSONS</b>                       | 1:00-2:00<br><b>SCHOOL GROUP<br/>LESSONS</b>   | 1:00-2:00<br><b>SCHOOL GROUP<br/>LESSONS</b>   | 1:00-2:00<br><b>SCHOOL GROUP<br/>LESSONS</b>   |   |
| <b>CLOSED</b>   | 2:00-4:30<br><b>OPEN SWIM</b>                                       | 2:00-4:30<br><b>OPEN SWIM</b>                                      | 2:00-4:30<br><b>OPEN SWIM</b>  | 2:00-4:30<br><b>OPEN SWIM</b>  | 2:00-4:30<br><b>ADULT OPEN</b><br>18+ Only   | <b>CLOSED</b>   |
|   | 4:30-7:00<br><b>SWIM LESSONS</b>                                    | 4:30-7:00<br><b>SWIM LESSONS</b>                                   | 4:30-7:00<br><b>SWIM LESSONS</b>   | 4:30-7:00<br><b>SWIM LESSONS</b>   | 4:30-7:45<br><b>OPEN SWIM</b>  |   |
|   | 7:00-7:45<br><b>OPEN SWIM</b>                                       | 7:00-7:45<br><b>OPEN SWIM</b>                                      | 7:00-7:45<br><b>OPEN SWIM</b>  | 7:00-7:45<br><b>OPEN SWIM</b>  |  |   |