



# LARGE POOL SCHEDULE

Effective January 2010

## Lap Swim

4 lanes available unless otherwise stated  
Lanes divided by speed

### Monday

5:30 – 9:55 am\*  
12:00 – 1:25 pm  
2:30 – 3:30 pm\*  
\*6:00 – 9:30 pm\*

### Tuesday

5:30 – 9:55 am  
12:00 – 3:30 pm\*  
6:00 – 7:30 pm\*  
8:30 – 9:30 pm

### Wednesday

5:30 – 9:55 am\*  
12:00 – 1:25 pm  
2:30 – 3:30 pm\*  
6:00 – 9:30 pm\*

### Thursday

5:30 – 9:55 am\*  
12:00 – 3:30 pm\*  
6:00 – 7:30 pm\*  
8:30 – 9:30 pm

### Friday

5:30 – 9:55 am\*  
12:00 – 1:25 pm  
2:30 – 3:30 pm\*  
6:00 – 9:30 pm

### Saturday

7:00 am – 1:30 pm\*  
4:30 – 7:30 pm

### Sunday

7:00 am – 12:30 pm  
5:00 – 7:30 pm

### \* Notes:

**M/W/F 8:55 – 9:55 am one-two lanes depending on class size.**

**M/W/F 2:30 – 3:30 pm two lanes**

**M/W/F 6:00 – 8:30 pm two lanes**

**T/TH 1:30 – 3:30 pm two lanes**

**T/TH 6:00 – 7:30 pm two lanes**

**SAT 9:30 – 12:00 pm two lanes**

Swim Lessons may be taught during lap swim.

Lap swim is for patrons 13+ or per lifeguard's discretion.

M-TH 3:30-5:00 pm the pool is reserved for swimming lessons.



## Aqua Aerobics

Monday thru Friday 11:00 – 11:55 am  
Monday thru Friday 5:00 – 5:55 pm  
Sunday 12:30 – 1:30 pm

## Senior Exercise

Monday/ Wednesday/ Friday 1:30 – 2:25 pm

## \*Arthritis Exercise

Monday thru Friday 10:00 – 10:55 am  
Tuesday & Thursday 1:30 – 2:25 pm

\* Pick up form in the Member Center.

## Pre/Postnatal Exercise Class

Monday/ Wednesday/ Friday 9:00 – 9:55 am

## Family Recreational Swim

Monday/Wednesday/Friday 7:30 – 8:30 pm  
Tuesday & Thursday 2:30 – 3:25 pm  
Friday 3:30 – 5:00 pm  
7:30 – 8:30 pm  
Saturday 1:30 – 4:30 pm  
Sunday 12:30 – 5:00 pm\*

\* 1/2 pool 12:30 – 1:30 pm

## Family Lap Swim

Tuesday & Thursday 7:30 – 8:30 pm

### Notes:

**Children age 6 and under need to be accompanied by an adult at all times in pool.** Children age 7-9 must have an adult in the pool area. Children 10-12 must have an adult in the YMCA facility. All non/beginner swimmers must be supervised by an adult or guardian while swimming.

## Adult Open Exercise (1/3 the pool)

Monday/ Wednesday/ Friday 2:30 – 3:25 pm

## SR Orthopedics (1/4 the pool)

Monday/ Wednesday/ Friday 2:30 – 3:25 pm

