

LARGE POOL SCHEDULE

Effective December 2011

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*
 7:00 – 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*
 7:00 – 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 7:00 – 8:30 pm two lanes
 Friday 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
 Please note: Swim Lessons may be taught during lap swim.

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

Friday 3:30-5pm ½ pool for Swim 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

Tuesday 5:30-6:30 pm
 Thursday 6:00-7:00 pm
 Friday 9:00 – 9:55 am



Family Recreational Swim

Monday/Wednesday/Friday 7:30 – 8:30 pm
 Tuesday & Thursday 2:30 – 4:55 pm*
 Friday 3:30 – 5:00 pm**
 7:30 – 8:30 pm
 Saturday 1:30 – 4:30 pm
 Sunday 12:30 – 5:00 pm*
 12:30 – 1:30 pm

* ½ pool ** ½ to ¼ pool depending on program needs

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.
 →At any one time, there may be changes to the schedule due to program needs.

Adult Open Exercise (1/3 the pool)

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

