



## Pool Schedule February 1, 2017 – May 29, 2017

updated 01/15/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:30-6:45	Lap Swim 5:30-6:45	Lap Swim 5:30-6:45	Lap Swim 5:30-6:45	Lap Swim 5:30-6:45		
Break 15min.	Break 15min.	Break 15min.	Break 15min.	Break 15min.		
Lap Swim 7:00-8:30	Lap Swim 7:00-8:30	Lap Swim 7:00-8:30	Lap Swim 7:00-8:30	Lap Swim 7:00-8:30	Lap Swim 7:00-9:00	
Water Ex 8:30-9:30	Water Ex 8:30-9:30	Water Ex 8:30-9:30	Water Ex 8:30-9:30	Water Ex 8:30-9:30	Break 15 min.	
½ Open Swim ½ Lap Swim 9:30-11:15	½ Open Swim ½ Lap Swim 9:30-11:15	½ Open Swim ½ Lap Swim 9:30-11:15	½ Open Swim ½ Lap Swim 9:30-11:15	½ Open Swim ½ Lap Swim 9:30-11:15	½ Open Swim ½ Lap Swim 9:15-12:45	½ Open Swim ½ Lap Swim 10:00-12:00
Break 15min.	Break 15min.	Break 15min.	Break 15min.	Break 15min.		
Lap Swim 11:30-1:00	Lap Swim 11:30-1:00	Lap Swim 11:30-1:00	Lap Swim 11:30-1:00	Lap Swim 11:30-1:00		Break 15 min. 12:15-1:00 ½ Open Swim ½ Lap Swim
Water Ex 1:00-2:00	Water Ex 1:00-2:00	Water Ex 1:00-2:00	Water Ex 1:00-2:00	Water Ex 1:00-2:00	Open Swim 1:00-3:45	Open Swim 1:00-3:45
½ Open Swim ½ Lap Swim 2:00-3:45	½ Open Swim ½ Lap Swim 2:00-3:30	½ Open Swim ½ Lap Swim 2:00-3:45	½ Open Swim ½ Lap Swim 2:00-3:30	½ Open Swim ½ Lap Swim 2:00-3:45		
Break 15min.	Pathways 3:30-4:30	Break 15min.	Pathways 3:30-4:30	Break 15min.	Break 15 min.	Break 15 min.
Open Swim 4:00-5:30	Lap Swim 4:30-5:30	Open Swim 4:00-5:30	Lap Swim 4:30-5:30	Open Swim 4:00-5:00	Lap Swim 4:00-6:00	Lap Swim 4:00-6:00
Swim Starters 5:30-6:30	Swim Lessons 5:30-7:30	Lap Swim 5:30-6:30	Swim Lessons 5:30-7:30	Lap Swim 5:00-6:45		
Log Rolling 6:30-7:30		Aqua Zumba 6:30-7:30		Break 15 min.		
Break 15 min.	Break 15 min.	Break 15 min.	Break 15 min.	Open Swim 7:00-9:00		
Lap Swim 7:45-10:00	½ Open Swim ½ Lap Swim 7:45-10:00	Lap Swim 7:45-10:00	½ Open Swim ½ Lap Swim 7:45-10:00	Water Polo 9:00-10:00		

Schedule subject to change based on enrollment, usage and special events. Changes will be noted at Member Services Desk.

**Lap Swim** : Ages 12 and over ONLY. All swimmers must be swimming laps.

**Open Swim** : All ages (Youth 12 and under accompanied by an adult unless they have passed the YMCA Swim Test.)

No Lap Swimming in Open Swim Pool Areas (including the ½&½ Open / Lap Swim time blocks.)

**Break** : 15 minute lifeguard break. **The pool area is closed (including hot tub and sauna.)**

**Swim Lessons** : Registration required. (converts to Lap Swim when not in session.)