



Summer Pool Schedule May 27 – September 1, 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 15 min.	Break 15 min.	Break 15 min.	Break 15 min.	Break 15 min.		
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.	
Youth Programs 9:30-11:30	Youth Programs 9:30-11:30	Youth Programs 9:30-11:30	Youth Programs 9:30-11:30	Youth Programs 9:30-11:30	½ Open Swim ½ Lap Swim 9:15-12:45	
Break 15 min.	Break 15 min.	Break 15 min.	Break 15 min.	Break 15 min.		Lap Swim 10:00-12:30
Lap Swim 11:45-1:00	Lap Swim 11:45-1:00	Lap Swim 11:45-1:00	Lap Swim 11:45-1:00	Lap Swim 11:45-1:00		
Water Ex 1:00-2:00	Gentle Water Ex 1:00-2:00	Water Ex 1:00-2:00	Gentle Water Ex 1:00-2:00	Water Ex 1:00-2:00	Open Swim 1:00-3:00	Open Swim 1:00-3:00
Open Splash 2:00-3:30	½ Open Swim ½ Lap Swim 2:00-3:30	½ Open Swim ½ Lap Swim 2:00-3:30	½ Open Swim ½ Lap Swim 2:00-3:30	Open Splash 2:00-3:30		
Break 15 min.	Break 15 min.	Break 15 min.	Break 15 min.	Break 15 min.		
½ Open Swim ½ Lap Swim 3:45-5:00	½ Open Swim ½ Lap Swim 3:45-5:30	½ Open Swim ½ Lap Swim 3:45-5:30	Swim Starters 3:45-5:30	½ Open Swim ½ Lap Swim 3:45-6:00		
Aqua Zumba 5:00-6:00	Swim Lessons 5:30-7:30	Swim Lessons 5:30-7:30	Swim Lessons 5:30-7:30			
Lap Swim 6:00-7:30				Lap Swim 6:00-7:30		
Break 30 min.	Break 30 min.	Break 30 min.	Break 30 min.	Break 30 min.		
Open Swim 8:00-10:00	½ Open Swim ½ Lap Swim 8:00-10:00	Lap Swim 8:00-10:00	½ Open Swim ½ Lap Swim 8:00-10:00	Open Swim 8:00-10:00		

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.)

Open Splash : Open Swim with a special Non-Member Rate - \$2.00 per person.

Break : 15 or 30 minute lifeguard break. **The pool area is closed (including hot tub and sauna.)**

Swim Lessons & Youth Programs : Registration required. (converts to ½Open & ½Lap Swim when not in session.)

POOL CLOSED the Last Sunday of each month for routine maintenance.



YOUTH SWIM LESSONS

Sessions are 6 classes / 2 weeks
Tuesday, Wednesday, Thursday
9:30-10:15am or 10:30-11:15am
5:30 – 6:15pm or 6:30 – 7:15pm

Family Members \$40
Youth Members \$50
Non-Members \$60

Registration is online only at
www.mesabiymca.org.

Classes offered based on student numbers
and instructor availability.

Course Dates:	Online Registration Begins (5am):
May 30 – June 8	May 22
June 20 – 29	June 12
July 11 – 20	July 3
August 1-10	July 24
August 22-31	August 14

Contact Chad at 749-8020 or
cbuggert@mesabiymca.org for additional
information regarding swim lessons.

WATER EXERCISE

WATER EXERCISE

Cushioned, full-body workout held in the pool.
Need not be a swimmer to participate.

TIMES: Monday, Wednesday, & Friday
8:35 – 9:25am OR 1:05 – 1:55pm

FEES: Members \$25
Non-Members \$136

TIMES: Tuesday & Thursday 8:35 – 9:25am

FEES: Members \$21
Non-Members \$106

GENTLE WATER EXERCISE

A shallow water program designed for those with
MS, fibromyalgia, arthritis, and other physical
limitations.

TIMES: Tuesday & Thursday 1:05 – 1:55pm

FEES: Members \$21
Non-Members \$106

UNLIMITED WATER EXERCISE

Allows members to attend any water exercise class
as their schedule permits, Monday – Friday.

FEE: Members Only \$46

SESSION & REGISTRATION DATES

Spring I Session: February 27 – April 16
Registration Begins: February 1

Spring II Session: April 17 – June 4
Registration Begins: February 1

Summer I Session: June 5 – July 16
Registration Begins: May 1

Summer II Session: July 17 – August 27
Registration Begins: May 1

Fall I Session: September 11 – October 22
Registration Begins: August 1

Fall II Session: October 23 – December 3
Registration Begins: August 1