



Pool Schedule

September 5 – December 31, 2017



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

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

POOL CLOSED the Last Sunday of each month for routine maintenance



YOUTH SWIM LESSONS

Swim Lessons I-VI
Tuesday and Thursday
5:30 – 6:15pm or 6:30 – 7:15pm

Pathways
Tuesday & Wednesday
4:30pm-5:15pm

Starters / Lessons / Pathways	
Family Member	\$20 / \$40 / \$20
Youth Member	\$25 / \$50 / \$30
Non-Member	\$30 / \$60 / \$40

Register for class at

www.mesabiymca.org

Classes offered based on student numbers and instructor availability.

Course Dates:	Online Registration Begins (5am):
September 5-21	August 28
October 3-19	September 25
Oct. 31 – Nov. 16	October 23
Nov. 28 – Dec. 14	November 20

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

WATER EXERCISE CLASSES

WATER EXERCISE

Cushioned, full-body workout held in the pool. Need not be a swimmer to participate. Modifications given for all fitness levels.

MEMBER OPTIONS AND SESSION FEES:

2 Days/Week: \$20
3 Days/Week: \$27
4 Days/Week: \$32
5 Days/Week: \$35

NONMEMBER OPTIONS AND FEES:

2 Days/Week: \$106
3 Days/Week: \$136

CLASS TIME:

8:00 A.M. – 9:00 A.M.

DAYS OFFERED:

Monday, Tuesday, Wednesday, Thursday, Friday

CLASS TIME:

1:05 P.M. – 1:55 P.M.

DAYS OFFERED:

Monday, Tuesday, Wednesday, Thursday

WATER EXERCISE SESSION & REGISTRATION DATES

Fall I Session: September 11– October 22, 2017
Registration Begins: August 14

Fall II Session: October 23 – December 3, 2017
Registration Begins: September 25

Winter I Session: December 4 – January 14, 2018
Registration Begins: November 6

Winter II Session: January 15 – February 25, 2018
Registration Begins: December 18

Spring I Session: February 26 – April 8, 2018
Registration Begins: January 29

Spring II Session: April 9 – May 20, 2018
Registration Begins: March 12