



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

Indoor Winter 2024 \*Schedule Subject to Change

Times	Mon/Wed						Tues/Thurs						Friday						Saturday						Sunday						Times												
	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6													
5:00 AM	Lap Swim						Free Lane						Lap Swim						Free Lane						Closed						5:00 AM												
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8:00 AM	Lap Swim						Water Fitness						Lap Swim						Water Fitness						Lap Swim		Open Swim				8:00 AM												
8:30 AM																									8:30 AM	LS	Water Fitness				SL		SL		Water Fitness		8:30 AM						
9:00 AM																									9:00 AM	Swim Lessons					SL		Water Fitness		9:00 AM								
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12:00 PM	Masters												Masters												S	L	Open	Swim Lessons						12:00 PM									
12:30 PM	Masters												Masters												L	S	Swim							12:30 PM									
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6:30 PM	Swim Lessons																								Swim Lessons						SL		Lap Swim		6:30 PM								
6:45 PM	Water Fitness			SL			Lap Swim						Open Swim						Lap Swim						6:45 PM																		
7:00 PM	Water Fitness			SL																					SL		Open Swim		Lap Swim		7:00 PM												
7:30 PM	Water Fitness			SL																					SL		Open Swim		Lap Swim		7:30 PM												
8:00 PM	Water Fitness			SL																					SL		Open Swim		Lap Swim		8:00 PM												
8:30 PM	Water Fitness			SL																					SL		Open Swim		Lap Swim		8:30 PM												
8:30 PM	Water Fitness			SL																					SL		Open Swim		Lap Swim		8:30 PM												

CLOSED

Lap Swim should be an orderly, continuous swim. Swim in a circle at about 5-10 seconds apart. Slower swimmers must allow faster swimmers to pass; wait at the wall until the faster swimmer turns. Staff may have to move lanes to accommodate the pool schedule. Please be patient with the pool availability!! Thank you for your understanding and cooperation!!  
1 length = 25 yards

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.  
\*SL = Swim Lessons      \*LS = Lap Swim