



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

SPRING 2020

	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	
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LAP SWIM
 WATER FITNESS, LESSONS & OPEN SWIM
 CLOSED

Lap Swim Etiquette

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

Brace Aquatics

The pool is busiest in the mornings until 1pm and again in the evenings after 4pm. Join us for a free Aquaboard class on Thursdays at 10:15am

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

*Schedule subject to change. Printed on 3/3/2020