



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

Indoor 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						Lap Swim						Lap Swim						Closed						5:00 AM								
5:30 AM																									5:30 AM								
6:00 AM																									6:00 AM								
6:30 AM																									6:30 AM								
7:00 AM																									7:00 AM								
7:30 AM																									7:30 AM								
8:00 AM	Lap Swim		Water Fitness				Lap Swim		Water Fitness				Lap Swim		Water Fitness				Lap Swim		Open Swim				8:00 AM								
8:30 AM																			8:30 AM														
9:00 AM	Lap Swim		Water Fitness				Lap Swim		Water Fitness				Lap Swim		Water Fitness				SL	LS	Water Fitness				9:00 AM								
9:30 AM																			9:30 AM														
10:00 AM	Lap Swim						Lap Swim						Lap Swim						Swim Lessons						10:00 AM								
10:30 AM																									10:30 AM								
11:00 AM	Lap Swim		Open Swim				Masters						Lap Swim		Open Swim				Swim Lessons						11:00 AM								
11:30 AM	11:30 AM																																
12:00 PM	Masters						Lap Swim						Open Swim				S		L		Open		SL		LS		Open		12:00 PM				
12:30 PM	12:30 PM																																
1:00 PM	Lap Swim		Open Swim														Lap Swim						Open Swim				S		L		Open		1:00 PM
1:30 PM																											1:30 PM						
2:00 PM	Lap Swim		Open Swim														Lap Swim						Open Swim				S		L		Open		2:00 PM
2:30 PM																											2:30 PM						
3:00 PM	Lap Swim		Open Swim				Lap Swim						Open Swim				S		L		Open		3:00 PM										
3:30 PM																	3:30 PM																
4:00 PM	Lap Swim		Open Swim				Lap Swim						Open Swim				S		L		Open		4:00 PM										
4:30 PM																	4:30 PM																
5:00 PM	Swim Lessons		LS				Swim Lessons						SL		Lap Swim				Open Swim						5:00 PM								
5:30 PM	5:30 PM																																
6:00 PM	Swim Lessons						Swim Lessons						SL		Lap Swim				Open Swim						6:00 PM								
6:30 PM	6:30 PM																																
6:45 PM	Water Fitness		SL				Swim Lessons						SL		Lap Swim				Open Swim						6:45 PM								
7:00 PM	7:00 PM																																
7:30 PM	Lap Swim		Open Swim				Lap Swim						Open Swim				Open Swim						7:30 PM										
8:00 PM	8:00 PM																																
8:30 PM	Lap Swim		Open Swim				Lap Swim						Open Swim				Open 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