



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