

Pool 1 Schedule January 6 - March 2

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30AM	LAP SWIM/JOG 5:30-9:30	LAP SWIM/JOG 5:30-9:30	LAP SWIM/JOG 5:30-9:30	LAP SWIM/JOG 5:30-9:30	LAP SWIM/JOG 5:30-9:30	YMCA CLOSED	YMCA CLOSED	
6:00AM								
6:30AM								
7:00AM								
7:30AM								
8:00AM								
8:30AM								
9:00AM								
9:30AM	3:POWER HOUR 9:30-10:30	3:DEEP WATER 9:30-10:30	3:POWER HOUR 9:30-10:30	3:DEEP WATER 9:30-10:30	3:POWER HOUR 9:30-10:30	4:SWIM LESSONS 2:LAP SWIM 9:00-12:00	YMCA CLOSED	
10:00AM	3:LAP SWIM	3:LAP SWIM	3:LAP SWIM	3:LAP SWIM	3:LAP SWIM			
10:30AM	4:LAP SWIM 2:OPEN SWIM 10:30-2:00	4:LAP SWIM 2:OPEN SWIM 10:30-2:00	4:LAP SWIM 2:OPEN SWIM 10:30-2:00	4:LAP SWIM 2:OPEN SWIM 10:30-2:00	4:LAP SWIM 2:OPEN SWIM 10:30-2:00	5: LAP SWIM 1: PRIVATE LESSONS 12:00-2:00		YMCA CLOSED
11:00AM								
11:30AM								
12:00PM								
12:30PM								
1:00PM								
1:30PM								
2:00PM						POOL CLOSED	POOL CLOSED	
2:30PM								
3:00PM								
3:30PM	SWIM TEAM 3:00-6:30	SWIM TEAM 3:00-6:30	SWIM TEAM 3:00-6:30	SWIM TEAM 3:00-6:30	SWIM TEAM 3:00- 6:30	YMCA CLOSING	YMCA CLOSING	
4:00PM								
4:30PM								
5:00PM								
5:30PM								
6:00PM								
6:30PM	2: Lap Swim 4:SWIM LESSONS 6:30-7:00	3: SWIM TEAM 3:LAP SWIM 6:30-7:00	2: Lap Swim 4:SWIM LESSONS 6:30-7:00	3: SWIM TEAM 3:LAP SWIM 6:30-7:00	POOL CLOSED	YMCA CLOSING AT 4:00	YMCA CLOSING AT 5:00	
7:00PM	5:SWIM LESSONS 1:LAP SWIM 7:00-8:00	4:LAP SWIM 2:OPEN SWIM 7:00-8:30	5:SWIM LESSONS 1:LAP SWIM 7:00-8:00	4:LAP SWIM 2:OPEN SWIM 7:00-8:30				
7:30PM	LAP SWIM 8:00-8:30		LAP SWIM 8:00-8:30					
8:00PM	YMCA CLOSING AT 9:00					YMCA CLOSING AT 4:00	YMCA CLOSING AT 5:00	
8:30PM								
9:00PM								
10:00PM								

OPEN SWIM

Adult: Open to anyone 18 and older

Lap: 13 years and older, must swim laps. Available to swim team participants with director's approval.

Open: Open to anyone, 12 years and younger must be with an adult; under age 6 must be with an adult in water