



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE SEPTEMBER 9 - OCTOBER 23

SUN		12:00p - 5:45p	
		Open Swim	
Open Lanes		3	

MON	5:15a - 7:45a	8:00a - 9:00a	9:00a - 11:00a	11:00a - 12:00p	12:00p - 3:00p	3:00p - 4:30p	4:30p - 5:15p	5:15p - 6:00p	6:00p - 9:00p	9:00p - 9:45p
	Lap Swim	Older Adult Water Exercise	Swim Lessons	Arthritis Exercise	Open Swim	Swim Team	Swim Lessons	Aqua Aerobics	Swim Team	Lap Swim
Open Lanes	6	1	3	1	3	1	1	1	1	6

TUE	5:15a - 7:45a	8:00a - 9:00a	9:00a - 2:00p	10:00a - 11:00a	2:00p - 3:00p	3:00p - 4:30p	4:45p - 6:30p	6:30p - 7:30p	7:35p - 9:00p	9:00p - 9:45p
	Lap Swim	Older Adult Water Exercise	Swim Lessons	Aqua Aerobics	Open Swim	Swim Team	Swim Lessons	Aqua Aerobics	Swim Team	Lap Swim
Open Lanes	6	1	1	1	3	1	1	2	1	6

WED	5:15a - 7:45a	8:00a - 9:00a	9:00a - 11:00a	11:00a - 12:00p	12:00p - 3:00p	3:00p - 4:30p	4:30p - 5:00p	5:15p - 6:00p	6:00p - 9:00p	9:00p - 9:45p
	Lap Swim	Older Adult Water Exercise	Swim Lessons	Arthritis Exercise	Open Swim	Swim Team	Lap Swim	Aqua Aerobics	Swim Team	Lap Swim
Open Lanes	6	1	3	1	3	1	6	1	1	6

THU	5:15a - 7:45a	8:00a - 9:00a	9:00a - 2:30p	10:00a - 11:00a	2:30p - 3:00p	3:00p - 4:30p	4:45p - 6:30p	6:30p - 7:30p	7:35p - 9:00p	9:00p - 9:45p
	Lap Swim	Older Adult Water Exercise	Swim Lessons	Aqua Aerobics	Open Swim	Swim Team	Swim Lessons	Aqua Aerobics	Swim Team	Lap Swim
Open Lanes	6	1	1	1	3	1	1	2	1	6

FRI	5:15a - 7:45a	8:00a - 9:00a	9:00a - 10:00a	10:00a - 11:00p	11:00a - 12:00p	12:00p - 3:00p	3:00p - 4:30p	4:45p - 7:30p	7:35p - 8:45p	
	Lap Swim	Older Adult Water Exercise	Adult Swim	MS Exercise	Arthritis Exercise	Open Swim	Swim Team	Swim Lessons	Swim Team	
Open Lanes	3	1	2	2	1	3	1	1	2	

SAT	6:00a - 8:00a	8:00a - 9:00a	9:00a - 12:00p	12:00p - 5:45p						
	Lap Swim	Aqua Aerobics	Swim Lessons	Open Swim						
Open Lanes	3	2	0	3						



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REC POOL SCHEDULE SEPTEMBER 9 - OCTOBER 23

SUN		12:00p - 5:45p		
		OPEN SWIM		
MON	9:00a - 12:00p	12:00p - 4:30p	4:30p - 7:30p	7:35p - 9:00p
	Swim Lessons	OPEN SWIM	Swim Lessons	OPEN SWIM
TUE	9:00a - 2:00p	2:00p - 4:30p	4:45p - 7:15p	7:15p - 9:00p
	Swim Lessons	OPEN SWIM	Swim Lessons	OPEN SWIM
WED	9:00a - 1:00p	1:00p - 9:00p		
	Swim Lessons	OPEN SWIM		
THU	9:00a - 2:30p	2:30p - 4:30p	4:45p - 7:15p	7:15p - 9:00p
	Swim Lessons	OPEN SWIM	Swim Lessons	OPEN SWIM
FRI	9:00a - 4:30p	4:45p - 7:30p	7:30p - 8:45p	
	OPEN SWIM	Swim Lessons	OPEN SWIM	
SAT	8:30a - 12:00p	12:00p - 5:45p		
	Swim Lessons	OPEN SWIM		

At the Y, we are for Youth Development, Healthy Living, and Social Responsibility. We believe in the values of Caring, Respect, Responsibility, and Honesty. We strive to incorporate these into our programs.

Please remember to get your non-swimmer's red band or your swimmer's green band from the front desk when arriving.
ALL swimmers ages 12 and under must have a wristband on before entering the water.
Thank you.

NOTES

Parents with children ages 5 years & under must be in the water and within arm's reach of their child, and must remain where the parent can touch the bottom. Children ages 6-10 must have a parent on the pool deck at all times. We strongly recommend that parents of non-swimmers be in the water within arm's reach of their child, regardless of the child's age.

All swimmers ages 6 - 12 must be swim tested. Testing will be conducted when additional Lifeguards are on duty and available to do so.

Water Features may not be operational during open swim times. Please ask the Lifeguard or other aquatics personnel to turn them on. It is the Lifeguard's discretion to turn them off for safety reasons.

***We strive to ensure the accuracy of this schedule. However, the pool schedule is subject to change without notice.**