



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DEEP LAP POOL SCHEDULE

**SUMMER June 22 – Labor Day** (Schedule is subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:30-8:30	Lap Swim 5:30-8:30	Lap Swim 5:30-8:30	Lap Swim 5:30-8:30	Lap Swim 5:30-8:30	Lap Swim 7:00-9:00	
Swim Team 7:00-8:30	Swim Team 7:00-8:30	Swim Team 7:00-8:30	Swim Team 7:00-8:30			
W. Aerobics \$ 8:30-9:30	W. Aerobics 8:30-9:30	W. Aerobics \$ 8:30-9:30	W. Aerobics 8:30-9:30	W. Aerobics\$ 8:30-9:30	W. Aerobics \$ 9:00-10:00	
Swim Lessons \$ 9:00-11:00	Swim Lessons \$ 9:00-11:00	Swim Lessons \$ 9:00-11:00	Swim Lessons \$ 9:00-11:00	Swim Lessons\$ 9:30-11:00	Open Swim 12:30-4:00	Lap Swim 1:30-2:30
Open/Camp 11:00-12:30	Open/Camp 11:00-12:30	Open/Camp 11:00-12:30	Open/Camp 11:00-12:30	Open/Camp 11:00-12:30		
Lap Swim 12:30-2:30	Knees/Hips \$ 12:30-1:30	Lap Swim 12:30-2:30	Knees/Hips \$ 12:30-1:30	Lap Swim 12:30-2:30		
	Lap Swim 1:30-2:30		Lap Swim 1:30-2:30			
Open/Camp 2:30-4:00	Open/Camp 2:30-4:00	Open/Camp 2:30-4:00	Open/Camp 2:30-4:00	Open/Camp 2:30-4:00		Family Swim 2:30-6:00
Lap Swim 3:00-4:30	Mini Sharks \$ 3:00-4:30	Lap Swim 3:00-4:30	Mini Sharks \$ 3:00-4:30			
Knees/Hips \$ 4:00-5:00	Lap Swim 4:00-5:00	Knees/Hips \$ 4:00-5:00	Lap Swim 4:00-5:00	Lap Swim 4:00-6:30	Lap Swim 4:00-7:00	
Swim Lessons \$ 5:00-6:30	Swim Lessons \$ 5:00-6:30	Swim Lessons \$ 5:00-6:30	Swim Lessons \$ 5:00-6:30	Swim Lessons \$ 5-6:30 (make up)		
W. Aerobics \$ 6:30-7:30	Open Swim 6:30-7:30	W. Aerobics \$ 6:30-7:30	Open Swim 6:30-7:30	W. Aerobics \$ 6:30-7:30		Lap Swim 6:00-7:00
Open Swim 7:30-8:30	Lap Swim 7:30-9:00	Open Swim 7:30-8:30	Lap Swim 7:30-9:00	Open Swim 7:30-8:40		
Lap Swim 8:30-9:00		Lap Swim 8:30-9:00				

**Open Swim:** Open to all members and guests ages 7 and up. Those 6 and under are welcome with a parent. Please see the lifeguard for swim test and wrist band for all youth.

**Family Swim:** Sunday is Family Day at the YMCA. All children must be with a parent to enter the pool during family swim. Please see the lifeguard for swim test and wrist band for all youth.

**\$:** These classes are paid programs. Please see the front desk.

Classes: **Please see the front desk for class descriptions.**

**Lap Swim:** During all programs the YMCA will have at least 1 lane open at all times for lap swimmers. **This is for 18 years and up.**

**Swimming Tip:** Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

**Directions** If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

**Speed** Please try to choose a lane with swimmers that best match your speed.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SHALLOW POOL SCHEDULE

**SUMMER June 22 – Labor Day** (Schedule is subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walk 5:30-9:30	Water Walk 5:30-6:00	Water Walk 5:30-8:00	Water Walk 5:30-6:00	Water Walk 5:30-9:30	Water Walk 7:00-10:30	
	Water Blast \$ 6:00-7:00		Water Blast \$ 6:00-7:00			
	Water Walk 7:00-9:30	Water Blast \$ 8:00-9:00	Water Walk 7:00-9:30			
		Water Walk 9:00-9:30				
Swim Lessons \$ 9:30-11:00	Swim Lessons \$ 9:30-11:00	Swim Lessons \$ 9:30-11:00	Swim Lessons \$ 9:30-11:00	Swim Lessons \$ 9:30-11:00		
Open/Camp 11:00-12:30	Open/Camp 11:00-12:30	Open/Camp 11:00-12:30	Open/Camp 11:00-12:30	Open/Camp 11:00-12:30	Open Swim 10:30-5:00	
Water Walk 12:30-1:30	Water Walk 12:30-2:30	Water Walk 12:30-1:30	Water Walk 12:30-2:30	Water Walk 12:30-1:30		Water Walk 1:30-2:30
Aqua Flex \$ 1:30-2:30		Aqua Flex \$ 1:30-2:30		Aqua Flex \$ 1:30-2:30		
Open/Camp 2:30-4:00	Open/Camp 2:30-4:00	Open/Camp 2:30-4:00	Open/Camp 2:30-4:00	Open/Camp 2:30-4:00		Family Swim 2:30-6:00
Water Walk 4:00-5:00	Water Walk 4:00-5:00	Water Walk 4:00-5:00	Water Walk 4:00-5:00	Water Walk 4:00-6:30		
Swim Lessons \$ 5:00-6:45	Swim Lessons \$ 5:00-6:45	Swim Lessons \$ 5:00-6:45	Swim Lessons \$ 5:00-6:45	Swim Lessons \$ 5:00-6:45	Swim Lessons Water Walk 5:00-7:00 (make up)	Water Walk 6:00-7:00
Open Swim 6:45-8:30	Open Swim 6:45-7:30	Open Swim 6:45-8:30	Open Swim 6:45-7:30	Open Swim 6:30-8:40		
Water Walk 8:30-9:00	Water Walk 7:30-9:00	Water Walk 8:30-9:00	Water Walk 7:30-9:00			

**Open Swim:** Open to all members and guests ages 7 and up. Those 6 and under are welcome with a parent. Please see the lifeguard for swim test and wrist band for all youth.

**Family Swim:** Sunday is Family Day at the YMCA. All children must be with a parent to enter the pool during family swim. Please see the lifeguard for swim test and wrist band for all youth.

**\$:** These classes are paid programs. Please see the front desk.

Classes: **Please see the front desk for class descriptions.**

**Water Walk: This is for ages 18 and up.**

**Swimming Tip:** Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.