



YMCA POOL SCHEDULE

Pool Hours

Monday – Thursday ... 5:45 AM – 8:30 PM

Friday ... 5:45 AM – 7:30 PM

Saturday ... 11:00 AM – 4:00 PM

MON	TUE	WED	THURS	FRI
	Deep Water Sherry 8am-8:45am		Deep Water Nancy 8am-8:45am	Deep Water Becky 8am-8:45am
Deep Water Sandra 8:30am-9:30am	Shallow Water Sherry 9am-10am	Deep Water Sandra 8:30am-9:30am	Shallow Water Sherry 9am-10am	Shallow Water Cassie 9am-10am
Deep Water Sandra 9:30-10:30am		Deep Water Sandra 9:30-10:30am		
	Deep Water Misty 5:30pm-6:20pm	Water Volleyball Sherry 1pm-2pm	Deep Water Misty 5:30pm-6:20pm	
Water Volleyball Sherry 7:15pm-8:15pm			Water Volleyball Sherry 7:15pm-8:15pm	

IMPORTANT: All classes are subject to change due to demand & participation. Also, for your safety, it is recommended you consult your physician prior to beginning any exercise program.

OPEN Swim (Family Swim)

Monday & Thursday	11 AM – 3 PM
Tuesday & Wednesday	11 AM – 3 PM ... & ... 6:30 PM – 8:30 PM
Friday	11 AM – 3 PM ... & ... 5:00 PM – 7:30 PM
Saturday	11 AM – 4 PM

LAP Swim Times

Monday – Thursday	5:45 AM – 6:30 AM ... ALL LANES OPEN 6:30 AM – 8:30 AM ... LIMITED LANES 8:30 AM – 3 PM ... ALL LANES OPEN 3 PM – 6:30 PM ... ALL LANES CLOSED 6:30 PM – 8:30 ... ALL LANES OPEN
Friday	5:45 AM – 6:30 AM ... ALL LANES OPEN 6:30 AM – 8:30 AM ... LIMITED LANES 8:30 AM – 3:00 PM ... ALL LANES OPEN 5:00 PM – 7:30 PM ... ALL LANES OPEN
Saturday	11 AM – 4 PM ... ALL LANES OPEN