



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LAP POOL

May 6<sup>th</sup> – 26<sup>th</sup>, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM – 1:00 PM Lap Swim / Water Walk (6)	5:15 AM – 5:30 PM Lap Swim / Water Walk (6)	5:15 AM – 7:30 PM Lap Swim / Water Walk (6)	5:15 AM – 6:45 PM Lap Swim / Water Walk (6)	5:15 AM – 5:30 PM Lap Swim / Water Walk (6)	5:15 AM – 4:30 PM Lap Swim / Water Walk (6)	7:00 AM – 1:00 PM Lap Swim / Water Walk (6)
	5:30 – 7:30 PM Lap Swim (2) Stroke Series & Swim Lessons (4)		6:45 – 7:30 PM Lap Swim (4) Swim Lessons (2)	5:30 – 7:30 PM Lap Swim (2) Stroke Series & Swim Lessons (4)	4:30 – 7:00 PM Lap Swim (4) Rock Wall (2)	

- (#) Denotes lanes available

# THERAPY POOL

\* Closed during Swim Lessons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM – 2:45 PM Open			7:00 AM – 2:00 PM Open – Adults Only			7:00 AM – 4:45 PM Open
	2:00 – 5:30 PM Open	2:00 – 4:30 PM Open	2:00 – 5:30 PM Open	2:00 – 4:30 PM Open	2:00 – 7:45 PM Open	
	5:30 – 6:30 PM Open – Adults Only	4:30 – 7:05 PM Swim Lessons	5:30 – 6:30 PM Open – Adults Only	4:30 – 7:05 PM Swim Lessons		
	6:30 – 7:45 PM Open	7:05 – 7:45 PM Open	6:30 – 7:45 PM Open	7:05 – 7:45 PM Open		

# KIDS' ACTIVITY POOL

\* Closed during Water Aerobics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 – 10:00 AM Open Swim	9:00 – 11:00 AM Open Swim	9:00 – 10:00 AM Open Swim	9:00 – 11:00 AM Open Swim	9:15 – 10:00 AM Swim Lessons	9:00 AM – 12:00 PM Open Swim
10:00 – 11:00 AM Open Swim	10:00 – 11:00 AM Water Aerobics Class		10:00 – 11:00 AM Water Aerobics Class		10:00 – 11:00 AM Water Aerobics Class	
11:00 AM – 2:00 PM Open Swim **	11:00 AM – 1:00 PM Open Swim	11:00 AM – 12:00 PM Water Aerobics Class	11:00 AM – 1:00 PM Open Swim **	11:00 AM – 12:00 PM Water Aerobics Class	11:00 AM – 1:00 PM Open Swim	
2:00 – 2:45 PM Open Swim	1:00 – 2:00 PM Water Aerobics Class	12:00 – 2:00 PM Open Swim	1:00 – 2:00 PM Water Aerobics Class	12:00 – 4:30 PM Open Swim	1:00 – 2:00 PM Water Aerobics Class	12:00 PM – 4:00 PM Open Swim **
	2:00 – 5:30 PM Open Swim		2:00 – 5:30 PM Open Swim		2:00 – 4:00 PM Open Swim	
	5:30 – 6:40 PM Swim Lessons	4:30 – 7:05 PM Swim Lessons	5:30 – 6:40 PM Swim Lessons	4:30 – 7:05 PM Swim Lessons	4:00 – 7:45 PM Open Swim **	4:00 – 4:45 PM Open Swim
	6:40 – 7:45 PM Open Swim	7:05 – 7:45 PM Open Swim **	6:40 – 7:45 PM Open Swim	7:05 – 7:45 PM Open Swim **		

- Water Features will ONLY be on when marked with an asterisk \*\*
- Open swim times are highlighted

\*\*Schedule subject to change\*\*

- Children under the age of 8 must be accompanied by an adult in the water – within arm's reach.
- The lifeguard must be present and has the authority to enforce any rule necessary to ensure a safe pool environment.
- Food, drink, and gum are not permitted in pool area (water bottles are OK).
- All life jackets must be Coast Guard approved.
- Inflatables are not permitted
- Please lock your belongings in a locker. The Y is not responsible for personal property that has been lost, damaged, or stolen.
- Lap pool will be open to 2 people per lane during swim times.
- Whirlpool and sauna are available to those 16 and older. Whirlpool is a 10-person maximum, and sauna is a 6-person maximum.
- Non-toilet trained children must wear rubber pants or swim diaper. Swim diapers are available for purchase at the front desk.



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# RECREATIONAL POOL

May 6<sup>th</sup> – 26<sup>th</sup>, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 - 8:00 AM Open Swim					
	8:00 - 9:00 AM Water Aerobics Class	8:00 - 11:00 AM Open Swim	8:00 - 9:00 AM Water Aerobics Class	8:00 - 11:00 AM Open Swim	8:00 - 9:00 AM Water Aerobics Class	7:00 AM - 4:45 PM Open Swim
	9:00 - 10:00 AM Open Swim		9:00 - 10:00 AM Open Swim		9:00 - 10:00 AM Open Swim	
10:00 AM - 2:45 PM Open Swim	10:00 - 11:00 AM Water Aerobics Class	11:00 AM - 12:00 PM Water Aerobics Class	10:00 - 11:00 AM Water Aerobics Class	11:00 AM - 12:00 PM Water Aerobics Class	10:00 - 11:00 AM Water Aerobics Class	
	11:00 AM - 1:00 PM Open Swim		11:00 - 1:00 PM Open Swim		11:00 AM - 1:00 PM Open Swim	
	1:00 - 2:00 PM Water Aerobics Class	12:00 - 4:30 PM Open Swim	1:00 - 2:00 PM Water Aerobics Class	12:00 - 4:30 PM Open Swim	1:00 - 2:00 PM Water Aerobics Class	
	2:00 - 5:30 PM Open Swim		2:00 - 5:30 PM Open Swim		2:00 - 5:30 PM Open Swim	
	5:30 - 6:30 PM Water Aerobics Class	4:30 - 7:05 PM Swim Lessons	5:30 - 6:30 PM Water Aerobics Class	4:30 - 7:05 PM Swim Lessons		
	6:30 - 7:45 PM Open Swim	7:05 - 7:45 PM Open Swim	6:30 - 7:45 PM Open Swim	7:05 - 7:45 PM Open Swim		

**Open swim times are highlighted**

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