



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LAP POOL

July 22 – 27, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM – 4:30 PM Lap Swim / Water Walk (6)	5:15 AM – 4:15 PM Lap Swim / Water Walk (6)	5:15 – 4:30 PM Lap Swim / Water Walk (6)	5:15 AM – 4:15 PM Lap Swim / Water Walk (6)	5:15 – 4:30 PM Lap Swim / Water Walk (6)	7:00 AM – 1:00 PM Lap Swim / Water Walk (6)
4:30 – 7:00 PM Lap Swim (3) Swim Lessons (3)		4:30 – 7:00 PM Lap Swim (3) Swim Lessons (3)		4:15 – 5:30 PM Lap Swim (4) Swim Lessons (2)	
		5:30 – 7:00 PM Lap Swim (6)		5:30 – 7:00 PM Lap Swim (6)	

- (#) Denotes lanes available

# THERAPY POOL

\* Closed during Swim Lessons

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM - 2:45 PM Open – Adults Only					7:00 AM – 4:45 PM Open
2:45 – 4:30 PM Open	2:45 – 4:45 PM Open	2:45 – 4:30 PM Open	2:45 – 4:45 PM Open	2:45 – 7:45 PM Open	
4:30 – 7:15 PM Swim Lessons	4:45 – 6:45 PM Swim Lessons	4:30 – 7:15 PM Swim Lessons	4:45 – 6:45 PM Swim Lessons		
7:15- 7:45 PM Open	6:45- 7:45 PM Open	7:15- 7:45 PM Open	6:45 - 7:45 PM Open		

# KIDS' ACTIVITY POOL

\* Closed during Water Aerobics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Summer School Swim Lessons 9 AM-11AM				9:00 AM – 2:45 PM Open Swim	9:00 AM – 12:00 PM Open Swim
11:00 – 2:00 PM Open Swim	11:00-4:45pm Open Swim	11:00 – 2:00 PM Open Swim	11:00-4:45pm Open Swim		12:00 PM – 4:00 PM Open Swim **
CLOSED 1-2PM			CLOSED 1-2PM		4:00 – 4:45 PM Open Swim
2-4:30PM Open Swim		2-4:30PM Open Swim			
4:30-7:15 PM Swim Lessons	4:45-6:00 PM Swim Lessons	4:30-7:15 PM Swim Lessons	4:45-6:00 PM Swim Lessons	2:45 – 7:45 PM Open Swim **	
7:15- 7:45 PM Open Swim **	Open Swim 6-7:45PM	7:15 - 7:45 PM Open Swim **	Open Swim 6-7:45 PM		

- 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

**July 22 – 27, 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 8:00 AM Open Swim					7:00 AM – 4:45 PM Open Swim
8:00 - 9:00 AM Water Aerobics Class	8:00 - 9:00 AM Water Aerobics Class	8:00 - 9:00 AM Water Aerobics Class	8:00 - 9:00 AM Water Aerobics Class	8:00 - 9:00 AM Water Aerobics Class	
Summer School Lessons 9AM-11AM				Summer School Lessons 9AM-11AM	
11AM-1 PM Open Swim	11 AM-4:45 PM Open Swim	11AM-1 PM Open Swim	11AM-4:45 PM Open Swim	11-1 PM Open Swim	
1-2 PM Water Aerobics Class		1-2 PM Water Aerobics Class		1-2 PM Water Aerobics Class	
2:00 – 4:30 PM Open Swim	4:45 – 6:00 PM Swim Lessons	2:00 – 4:30 PM Open Swim	4:45 – 6:00 PM Swim Lessons	2:00 – 7:45 PM Open Swim	
4:30 – 7:15 PM Swim Lessons		4:30 – 7:15 PM Swim Lessons			
7:15– 7:45 PM Open Swim		7:15 - 7:45 PM Open Swim			
	6:00 - 7:45 PM Open Swim		6:00 - 7:45 PM Open Swim		

• **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.