



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LAP POOL

Jan 6 – Feb 22, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 AM - 1:00 PM Lap Swim / Water Walk (6)	5:15 AM – 5 PM Lap Swim / Water Walk (6) **Masters Starts Feb 10	5:15 AM – 5 PM Lap Swim / Water Walk (6)	5:15 AM – 5 PM Lap Swim / Water Walk (6) **Masters Starts Feb 10	5:15 AM – 5 PM Lap Swim / Water Walk (6)	5:15 AM – 4:30 PM Lap Swim / Water Walk (6) **Masters Starts Feb 10	7:00 AM – 1:00 PM Lap Swim / Water Walk (6)
	5 – 7 PM Lap Swim (4) Swim Lesson (2)	5 – 7 PM Lap Swim (5) Swim Lesson (1)	5 – 7 PM Lap Swim (5) Swim Lesson (1)	5 – 7 PM Lap Swim (5) Swim Lesson (1)	4:30 – 7:00 PM Lap Swim (4) Rock Wall (2)	

• (#) Denotes Available Lanes

KIDS' ACTIVITY POOL

*** Closed during Water Aerobics and Swim Lessons**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 AM-2:30 PM Open Swim	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	9:00 – 11:00 AM Swim Lessons	7:00 – 9:00 AM Open Swim
	10:00 – 11:00 AM Exercise Class	Water Features ON	10:00 – 11:00 AM Exercise Class		10:00 – 11:00 AM Exercise Class	9:00 – 11:00 AM Swim Lessons
	11:00 AM – 1:00 PM Open Swim	11:00 AM -12:00 PM Exercise Class	11:00 AM – 1:00 PM Open Swim Water Features ON	11:00 AM – 12:00 PM Exercise Class	11:00 AM – 1:00 PM Open Swim	11:00 AM – 4:30 PM Open Swim Water Features ON
	1:00 – 2:00 PM Exercise Class	12:00 – 5:00 PM Open Swim	1:00 – 2:00 PM Exercise Class	12:00 - 4:15 PM Open Swim	1:00 – 2:00 PM Exercise Class	
	2:00 – 5:00 PM Open Swim		2:00 - 5:00 PM Open Swim		2:00 – 4:00 PM Open Swim	
	5:00 – 6:30 PM Swim Lessons	5:00 – 7:00 PM Swim Lessons	5:00 – 7:00 PM Swim Lessons	4:15 – 6:50PM Swim Lessons	4:00 – 7:30 PM Open Swim Water Features ON	
	6:30 - 7:30 PM Open Swim Water Features ON	7:00 - 7:30 PM Open Swim Water Features ON	7:00 - 7:30 PM Open Swim Water Features ON	6:50 - 7:30 PM Open Swim Water Features ON		

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.
- Whirlpool and sauna are available to those 16 and older.
- Non-toilet trained children must wear rubber pants or swim diaper. Swim diapers are available for purchase at the front

John E Alexander South Wood County YMCA

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RECREATIONAL & Therapy Pool

Jan 6 – Feb 22, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 AM – 2:30 PM Open Swim	7 AM – 8 AM Open Swim	7 AM – 11 AM Open Swim	7 AM – 8 AM Open Swim	7 AM – 11:00 PM Open Swim	7 AM – 9 AM Open Swim	7:00 AM – 9 AM Open Swim
	8 AM – 9 AM Group Class Activity pool Closed		8 AM – 9 AM Group Class Activity pool Closed		8 AM – 9 AM Group Class Activity pool Closed	
	9 AM – 10 AM Open Swim	11 AM – 12 PM Group Class Activity pool Closed	9 AM – 10 AM Open Swim	11 AM – 12 PM Group Class Activity pool Closed	9 AM – 10 AM Open Swim	11 AM – 4:30 PM Open Swim
	10 AM – 11 AM Group Class Activity pool Closed	12 PM – 5 PM Open Swim	10 AM – 11 AM Group Class Activity pool Closed	12 PM – 4:15 PM Open Swim	10 AM – 11 AM Group Class Activity pool Closed	
	11 AM – 1 PM Open Swim	5 PM – 7 PM Swim Lessons Activity Pool Closed	11 AM – 1 PM Open Swim	4:15 PM – 6:50 PM Swim Lessons / Group Class	11 AM – 1 PM Open Swim	
	1 pm – 2 pm Group Class Activity pool Closed	7 PM – 7:30 PM Open Swim	1 pm – 2 pm Group Class Activity pool Closed	6:50 PM – 7:30 PM Open Swim	1 pm – 2 pm Group Class Activity pool Closed	
	2 PM – 5 PM Open Swim		2 PM – 5 PM Open Swim		2 PM – 7:30 PM Open Swim	
	5 PM – 6:30 PM Swim Lessons / Group Class		5 PM – 7 PM Swim Lessons / Group Class			
	6:30 PM – 7:30 PM Open Swim		7 PM – 7:30 PM Open Swim			