



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

## LAP POOL

## MARCH 3 – APRIL 19, 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)  <b>*Masters End March 21</b>	5:15 AM – 5 PM Lap Swim / Water Walk (6)	5:15 AM – 5 PM Lap Swim / Water Walk (6)  <b>*Masters End March 21</b>	5:15 AM – 5 PM Lap Swim / Water Walk (6)	5:15 AM – 5 PM Lap Swim / Water Walk (6)  <b>*Masters End March 21</b>	7:15 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**

### 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

# RECREATIONAL & ACTIVITY & THERAPY POOL

## MARCH 3 – APRIL 19, 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 – 8 AM Open Swim	7:15 AM – 9 AM Open Swim
	8 AM – 9 AM Group Class Activity pool Closed Therapy pool Open		8 AM – 9 AM Group Class Activity pool Closed Therapy pool Open		8 AM – 9 AM Group Class Activity pool Closed Therapy pool Open	9 AM – 11:00 PM Swim Lessons Activity pool Closed Therapy pool Open
	9 AM – 10 AM Open Swim	11 AM – 12 PM Group Class Activity pool Closed Therapy pool Open	9 AM – 10 AM Open Swim	11 AM – 12 PM Group Class Activity pool Closed Therapy pool Open	9 AM – 10 AM Open Swim	11 AM – 4:30 PM Open Swim
	10 AM – 11 AM Group Class Activity pool Closed Therapy pool Open	12 PM – 5 PM Open Swim	10 AM – 11 AM Group Class Activity pool Closed Therapy pool Open	12 PM – 5:00 PM Open Swim	10 AM – 11 AM Group Class Activity pool Closed Therapy pool Open	
	11 AM – 1 PM Open Swim	5 PM – 7 PM Swim Lessons Activity Pool Closed Therapy pool Open	11 AM – 1 PM Open Swim	5:00 PM – 7:00 PM Swim Lessons / Group Class Activity pool Closed Therapy pool Open	11 AM – 1 PM Open Swim	
	1 pm – 2 pm Group Class Activity pool Closed Therapy pool Open		1 pm – 2 pm Group Class Activity pool Closed Therapy pool Open		1 pm – 2 pm Group Class Activity pool Closed Therapy pool Open	
	2 PM – 5 PM Open Swim	7 PM – 7:30 PM Open Swim	2 PM – 5 PM Open Swim	7:00 PM – 7:30 PM Open Swim		
	5 PM – 6:30 PM Swim Lessons / Group Class Activity pool Closed Therapy pool Open		5 PM – 6:30 PM Swim Lessons / Group Class Activity pool Closed Therapy pool Open		2 PM – 7:30 PM Open Swim	
	6:30 PM – 7:10 PM Swim Lesson Activity pool Closed Rec Pool Open Therapy pool Open					
	7:10 PM – 7:30 PM Open Swim		6:30 PM – 7:30 PM Open Swim			

