FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE
JUNE 24 – JUNE 30

SUN					12:00p – 3:45p					
					Open Swim					
Open Lanes					3					
MON	5:15a – 8:00a	8:00a – 9:00a	9:00a – 11:45p	12:00p – 4:15p	4:30p – 7:35p	5:15p – 6:00p	6:30p – 8:00p	8:00p – 9:45p		
	Lap Swim	Older Adult Water Exercise	Swim Lessons	**Open Swim**	Swim Lessons	Aqua Aerobics	Swim Team	Fitness Swim /LAP SWIM		
Open Lanes	6	1	1	3	1	1	2	3		
TUE	5:15a – 8:00a	8:00a – 9:00a	9:00a – 12:15p	10:30a – 11:30a	12:30p – 3:00p	3:00p – 4:30p	4:30p – 6:15p	6:30p – 7:30p	7:35p – 8:35p	8:45p – 9:45p
	Lap Swim	Older Adult Water Exercise	Swim Lessons	Aqua Aerobics	**Open Swim**	Swim Team	Swim Lessons	Aqua Aerobics	Swim Team	**Open Swim**
Open Lanes	6	1	1	1	3	2	1	2	1	6
WED	5:15a – 8:00a	8:00a – 9:00a	9:00a – 11:45p	12:00p – 4:15p	4:30p – 7:35p	5:15p – 6:00p	6:30p – 8:00p	8:00p – 9:45p		
	Lap Swim	Older Adult Water Exercise	Swim Lessons	**Open Swim**	Swim Lessons	Aqua Aerobics	Swim Team	Fitness Swim /LAP SWIM		
Open Lanes	6	1	1	3	1	1	2	3		
THU	5:15a – 8:00a	8:00a – 9:00a	9:00a – 11:30p	10:30a – 11:30a	11:30p – 3:00p	3:00p – 4:30p	4:30p – 6:15p	6:30p – 7:30p	7:35p – 8:35p	8:45p – 9:45p
	Lap Swim	Older Adult Water Exercise	Swim Lessons	Aqua Aerobics	**Open Swim**	Swim Team	Swim Lessons	Aqua Aerobics	Swim Team	**Open Swim**
Open Lanes	6	1	1	1	3	2	1	2	1	6
FRI	5:15a – 8:00a	8:00a – 9:00a	9:00a – 10:00a	10:00a – 11:00p	11:00a – 12:00p	12:00p – 8:45p				
	Lap Swim	Older Adult Water Exercise	**Open Swim**	MS Exercise	Arthritis Exercise	**Open Swim**				
Open Lanes	3	1	3	3	1	3				
SAT	6:00a – 8:00a	8:15a – 9:15a	9:30a – 12:15p	12:30p – 5:45p						
	Lap Swim	Aqua Aerobics	Swim Lessons	**Open Swim**						
Open Lanes	3	2	0	3						

the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REC POOL SCHEDULE
JUNE 24 – JUNE 30

SUN			**12:00p – 3:45p**		
			OPEN SWIM		
MON	**9:00a – 11:45p**	**12:00p – 4:15p**	**4:30p – 7:45p**	**7:45p – 9:00p**	
	Swim Lessons	**OPEN SWIM**	Swim Lessons	**OPEN SWIM**	
TUE	**9:00a – 12:15p**	**12:00p – 4:15p**	**4:30p – 6:30p**	**6:30p – 7:30p**	**7:30p – 9:00p**
	Swim Lessons	**OPEN SWIM**	Swim Lessons	Aqua Stretch & Tone	**OPEN SWIM**
WED	**9:00a – 11:45p**	**12:00p – 4:15p**	**4:30p – 7:45p**	**7:45p – 9:00p**	
	Swim Lessons	**OPEN SWIM**	Swim Lessons	**OPEN SWIM**	
THU	**9:00a – 12:15p**	**12:00p – 4:15p**	**4:30p – 6:30p**	**6:30p – 7:30p**	**7:30p – 9:00p**
	Swim Lessons	**OPEN SWIM**	Swim Lessons	Aqua Stretch & Tone	**OPEN SWIM**
FRI	**9:00a – 8:45p**				
	OPEN SWIM				
SAT	**9:30a – 12:15p**	**12:30p – 5:45p**			
	Swim Lessons	**OPEN SWIM**			

IMPORTANT DATES & INFORMATION:

Be sure to check out our swim lesson program! We have a lesson for every age and level of swimmer. Stop by the front desk, or contact Paul Thompson for more information.

The Navy will conduct a test for their Special Warefare and Operations recruits on July 17th & 18. We will close the Lap Pool for 15 minutes at 9.45a on the 18th.

Please make sure your contact information is up to date. We need a current phone number so that we can contact you if we need to cancel a class, or provide you with other information about your lesson.

Love swimming? Love kids? Love to teach? Combine all three! Join our aquatic team as a Swim Instructor. We are currently hiring all shifts, even Water Aerobics! Stop by the front desk for an application today!

At the Y, we are for Youth Development, Healthy Living, and Social Responsibility. We believe in the values of Caring, Respect, Responsibility, and Honesty. We strive to incorporate these into our programs.

NOTES

Parents with children ages 5 years & under must be in the water and within arm's reach of their child, and must remain where the parent can touch the bottom. Children ages 6-10 must have a parent on the pool deck at all times. We strongly recommend that parents of non-swimmers be in the water within arm's reach of their child, regardless of the child's age.

All swimmers ages 6 - 16 must be swim tested if they wish to swim in the deep end of the lap pool. Testing will be conducted when additional Lifeguards are on duty and available to do so.

Water Features may not be operational during open swim times. Please ask the Lifeguard or other aquatics personnel to turn them on. It is the Lifeguard's discretion to turn them off for safety reasons.