



**YMCA Pool Schedule Effective January 4 - February 2021**

Rev. 1/12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6:00 am - 7:00am</b>	LAP SWIMMING 6 LANES SOLO SWIM	LAP SWIMMING 6 LANES SOLO SWIM	LAP SWIMMING 6 LANES SOLO SWIM	LAP SWIMMING 6 LANES SOLO SWIM	LAP SWIM 6 LANES SOLO SWIM
<b>7:00 - 7:45 am</b>	LAP SWIMMING 6 LANES SOLO SWIM	LAP SWIMMING 6 LANES SOLO SWIM	LAP SWIMMING 6 LANES SOLO SWIM	LAP SWIMMING 6 LANES SOLO SWIM	LAP SWIMMING 6 LANES SOLO SWIM
<b>8:00 - 8:45 am</b>	LAP SWIMMING 6 LANES SOLO SWIM	LAP SWIMMING 5 LANES	LAP SWIMMING 6 LANES SOLO SWIM	LAP SWIMMING 5 LANES	LAP SWIMMING 6 LANES SOLO SWIM
<b>9 - 9:45 am</b>	LAP SWIMMING 5 LANES LESSONS	LAP SWIMMING 5 LANES LESSONS	LAP SWIMMING 5 LANES LESSONS	LAP SWIMMING 5 LANES LESSONS	LAP SWIMMING 5 LANES LESSONS
<b>10-10:45 AM</b>	LAP SWIMMING 5 LANES LESSONS	3 LAP LANES/AQUAFIT ADULT REC - DEEP END	LAP SWIMMING 5 LANES	3 LAP LANES/AQUAFIT ADULT REC - DEEP END	LAP SWIMMING 4 LANES LESSONS
<b>11 - 11:45 am</b>	LAP SWIMMING 5 LANES	LAP SWIMMING 5 LANES	LAP SWIMMING 5 LANES	LAP SWIMMING 3 LANES LESSONS	LAP SWIMMING 5 LANES LESSONS
<b>12 - 1:45 pm</b>	LAP SWIMMING 5 LANES	LAP SWIMMING 5 LANES	LAP SWIMMING 5 LANES	LAP SWIMMING 5 LANES	LAP SWIMMING 5 LANES
<b>2 - 2:45 pm</b>	LAP SWIMMING 3 LANES RECREATION	LAP SWIMMING 3 LANES RECREATION	LAP SWIMMING 3 LANES RECREATION	LAP SWIMMING 3 LANES RECREATION	LAP SWIMMING 3 LANES RECREATION
<b>3 - 3:45 PM</b>	LAP SWIMMING 4 LANES LESSONS	LAP SWIMMING 3 LANES LESSONS	LAP SWIMMING 3 LANES LESSONS	LAP SWIMMING 3 LANES LESSONS	LAP SWIMMING 2 LANES LESSONS
<b>4 -4:45 PM</b>	SWIM LESSONS NO LAP OR REC	SWIM TEAM/LESSONS NO LAP OR REC	SWIM LESSONS NO LAP OR REC	SWIM TEAM/LESSONS NO LAP OR REC	SWIM LESSONS NO LAP OR REC
<b>5 - 5:45 PM</b>	LAP SWIMMING 5 LANES LESSONS	SWIM TEAM NO LAP/NO REC	LAP SWIMMING 5 LANES LESSONS	SWIM TEAM NO LAP/NO REC	LAP SWIMMING 5 LANES LESSONS
<b>6 - 6:45 PM</b>	SWIM TEAM LAP SWIMMING 2 LANES	LAP SWIMMING 5 LANES LESSONS	SWIM TEAM LAP SWIMMING 2 LANES	LAP SWIMMING 5 LANES LESSONS	SWIM TEAM LAP SWIMMING 1 LANE
<b>7 - 7:45 PM</b>	SWIM TEAM LAP SWIMMING 2 LANES	SWIM TEAM WHOLE POOL	SWIM TEAM LAP SWIMMING 2 LANES	SWIM TEAM WHOLE POOL	SWIM TEAM WHOLE POOL
<b>8 - 8:45 PM</b>	SWIM TEAM LAP SWIMMING 2 LANES	SWIM TEAM WHOLE POOL	SWIM TEAM LAP SWIMMING 2 LANES	SWIM TEAM WHOLE POOL	SWIM TEAM NO LAP/NO REC

SATURDAY SCHEDULE	SUNDAY SCHEDULE
6 AM - 9AM - SWIM TEAM WHOLE POOL	7:00 AM - 8:45 AM - 6 SOLO LAP SWIM LANES
9:15 AM - 11:55 AM - SWIM LESSONS	9 AM- 9:45 AM SWIM LESSONS/1 LAP LANE
12:10 PM - 2:00 PM 4 LAP LANES/LESSONS	10 - 10:45 AM - SWIM LESSONS WHOLE POOL
2:00 - 4:00 PM - REC SWIM/2 LAP LANES	11:00 - 11:45 AM - SWIM LESSONS/NO LAP SWIM
4:00 - 5 :00 PM - 5 LAP SWIM LANES	12:00 - 2:00 PM - 5 LAP SWIM LANES /LESSONS
5 :00 - 7 pm - 6 SOLO LAP SWIM LANES	2:00 - 3:45 PM - RECREATIONAL SWIM/ 2 LAP LANES
<b>POOL SCHEDULE TERMS</b>	4:00 - 4:45 PM - 5 LAP SWIM LANES
<b>LAP SWIMMING:</b> 2 people split lane	5:00 - 8:00 pm SWIM TEAM WHOLE POOL
<b>SOLO LAP SWIM</b> 1 person in lane	
<b>ADULT REC-DEEP END</b> space in deep end for personal aquatic fitness training or non-lap swim	<b>Family and Adult Locker Rooms</b>
<b>RECREATION:</b> Area for play and fitness/ exercise	Showers available in Family and Adult Locker rooms - please use disinfection spray after use. NO LOCKERS AT THIS TIME.
<b>Please observe Social Distancing.</b>	Please bring your gear out onto the pool deck.
	<b>Please observe Social Distancing</b>

*Note: pool schedule is subject to change due to seasonal programming and or other circumstances*