



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LAP POOL

NOV 14 - DEC 4, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:00am	Open/Lap 5:30-3:30	Open/Lap 5:30-3:30	Open/Lap 5:30-3:30	Open/Lap 5:30-3:30	Open/Lap 5:30-4:30	Open/Lap 7:00-3:00	Open/Lap 10:00-2:45
6:00-7:00am							
7:00-8:00am							
8:00-9:00am							
9:00-10:00am							
10:00 – 11:00am							
11:00am – 12:00pm							
12:00 – 1:00pm							
1:00 – 2:00pm							
2:00 – 3:00pm							
3:00 – 4:00pm	Swim Team 3:30-6:30	Swim Team 3:30-6:30	Swim Team 3:30-5:00	Swim Team 3:30-6:30	Swim Team 4:30-5:30		
4:00 – 5:00pm							
5:00 – 6:00pm							
6:00 – 7:00pm	Open/Lap 6:30-7:45	YMCA Swim Lessons 6:00-7:10	Open/Lap 5:00-7:45	YMCA Swim Lessons 6:00-7:10	Open/Lap 5:30-7:45		
7:00 – 7:45pm		Open (at 7:10)		Open (at 7:10)			

**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).
- 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 2-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/THERAPY POOL

NOV 14 - DEC 4, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30-6:00am								
6:00-7:00am								
7:00-8:00am	Open 7:00-8:00	Open 7:00-11:00	Open 7:00-8:00	Open 7:00-11:00	Open 7:00-8:00	Open 7:00-9:00		
8:00-9:00am	Aqua Fit 8:00-9:00		Aqua Fit 8:00-9:00		Aqua Fit 8:00-9:00			Preschool Lessons 8:00-10:00
9:00-10:00am	Open 9:00-10:00		Open 9:00-10:00		Open 9:00-10:00	Aqua Fit 10:00-11:00		YMCA Swim Lessons 9:00-11:00
10:00 – 11:00am	Aqua Fit 10:00-11:00		Aqua Fit 10:00-11:00		Aqua Fit 10:00-11:00			
11:00am – 12:00pm	Open 11:00-1:00	Senior Splash 11:00-12:00	Open 11:00-1:00	Senior Splash 11:00-12:00	Open 11:00-1:00	Open 11:00-4:45	Open 10:00-2:45	
12:00 – 1:00pm		Open 12:00-2:00		Open 12:00-2:00				
1:00 – 2:00pm	Senior Splash 1:00-2:00		Senior Splash 1:00-2:00	Senior Splash 1:00-2:00				
2:00 – 3:00pm	Open 2:00-4:00	Homeschool 2:00-3:00	Open 2:00-4:00	Homeschool 2:00-3:00	Open 2:00-7:45			
3:00 – 4:00pm		Open 3:00-4:00		Open 3:00-4:00				
4:00 – 5:00pm	BGC 4:00-5:30	BGC 4:00-4:30	BGC 4:00-5:30	BGC 4:00-4:30				
5:00 – 6:00pm		Open 4:30-5:00		Open 4:30-5:00				
6:00 – 7:00pm	Aqua Fit 5:30-6:30	YMCA Swim Lessons 5:00-7:10	Aqua Fit 5:30-6:30	YMCA Swim Lessons 5:00-7:10				
7:00 – 7:45pm	Open 6:30-7:45	Open 7:10-7:45	Open 6:30-7:45	Open 7:10-7:45				

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