



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL

Jan 22-March 4, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM-2:45 PM Lap Swim / Water Walk (6)	5:30 AM – 3:30 PM Lap Swim / Water Walk (6)				5:30 AM-4:30 PM Lap Swim / Water Walk (6)	7:00 AM-3:00 PM Lap Swim / Water Walk (6)
	3:30-6:30 PM Swim Team (5) Lap Swim (1)		3:30-5:00 PM Swim Team (5) Lap Swim (1)	3:30-6:30 PM Swim Team (5) Lap Swim (1)	4:30-5:30 PM Swim Team (5) Lap Swim (1)	
	6:30-7:15 PM Lap Swim / Water Walk (6)	6:30-7:10 PM Swim Lessons (3) Lap Swim (3)	5:00-7:15 PM Lap Swim / Water Walk (6)	6:30-7:10 PM Swim Lessons (3) Lap Swim (3)	5:30-7:15 PM Lap Swim / Water Walk (6)	

- (#) Denotes lanes available

THERAPY POOL

Jan 22-March 4, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM-2:45 PM Open	7:00 AM-7:45 PM Open	7:00 AM-5:00 PM Open	7:00 AM-7:45 PM Open	7:00 AM-5:00 PM Open	7:00 AM-7:45 PM Open	7:00-9:00 AM Open
		5:00-6:30 PM Adults Only		5:00-6:30 PM Adults Only		9:00-10:30 AM Adults Only
		6:30-7:45 PM Open		6:30-7:45 PM Open		10:30 AM-4:45 PM Open

ACTIVITY POOL

Jan 22-March 4, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:00 AM-2:45 PM *Open	7:00-9:00 AM Open	7:00-11:00 AM *Open	7:00-9:00 AM Open	7:00-11:00 AM *Open	7:00-8:00 AM Open	7:00-9:00 AM Open	
	9:00-10:00 AM *Open	11:00 AM-12:00 PM Open	9:00-10:00 AM *Open	11:00 AM-12:00 PM Open	8:00-10:00 AM Preschool Lessons	9:00-10:30 AM Swim Lessons	
	10:00-11:00 AM Open	12:00-2:00 PM *Open	10:00-11:00 AM Open	12:00-2:00 PM *Open		10:00 AM-4:00 PM Open	10:30 AM-3:00 PM *Open
	11:00 AM-1:00 PM *Open	2:00-3:00 PM Homeschool	11:00 AM-1:00 PM *Open	2:00-3:00 PM Homeschool			
	1:00-2:00 PM Open	3:00-5:00 PM *Open	1:00-2:00 PM Open	3:00-5:00 PM *Open	4:00-7:45 PM *Open	3:00-4:45 PM Open	
	2:00-5:30 PM *Open	5:00-6:30 PM Swim Lessons	2:00-5:30 PM *Open	5:00-6:30 PM Swim Lessons			
	5:30-6:30 PM Open		5:30-6:30 PM Open				
	6:30-7:45 PM *Open						

- Water Features available when marked with an asterisk
- Open swim times are shaded

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.
- 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.

****Aquatic Area will be closed Sunday, February 19th for a swim meet****



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RECREATIONAL POOL

Jan 22-March 4, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM-2:45 PM Open Swim	7:00-8:00 AM Open Swim	7:00-11:00 AM Open Swim	7:00-8:00 AM Open Swim	7:00-11:00 AM Open Swim	7:00-8:00 AM Open Swim	7:00-9:00 AM Open Swim
	8:00-9:00 AM Aqua Fit		8:00-9:00 AM Aqua Fit		8:00-9:00 AM Aqua Fit	
	9:00-10:00 AM Open Swim	11:00 AM-12:00 PM Senior Splash	9:00-10:00 AM Open Swim	11:00 AM-12:00 PM Senior Splash	9:00-10:00 AM Open Swim	9:00-10:30 AM Swim Lessons
	10:00-11:00 AM Aqua Fit	12:00-2:00 PM Open Swim	10:00-11:00 AM Aqua Fit	12:00-2:00 PM Open Swim	10:00-11:00 AM Aqua Fit	10:30 AM-4:45 PM Open Swim
	11:00 AM-1:00 PM Open Swim	2:00-3:00 PM Homeschool	11:00 AM-1:00 PM Open Swim	2:00-3:00 PM Homeschool	11:00 AM-1:00 PM Open Swim	
	1:00-2:00 PM Senior Splash	3:00-4:00 PM Open Swim	1:00-2:00 PM Senior Splash	3:00-4:00 PM Open Swim	1:00-2:00 PM Senior Splash	2:00-7:45 PM Open Swim
	2:00-4:00 PM Open Swim	4:00-4:30 PM Boys & Girls Club	2:00-4:00 PM Open Swim	4:00-4:30 PM Boys & Girls Club		
	4:00-5:30 PM Boys & Girls Club	4:30-5:00 PM Open Swim	4:00-5:30 PM Boys & Girls Club	4:30-5:00 PM Open Swim		
	5:30-6:30 PM Aqua Fit	5:00-6:30 PM Swim Lessons	5:30-6:30 PM Aqua Fit	5:00-6:30 PM Swim Lessons		
	6:30-7:45 PM Open Swim					

- Open swim times are shaded

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).
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- 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.

****Aquatic Area will be closed Sunday, February 19th for a swim meet****

John E Alexander South Wood County YMCA

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