



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL

September 5-30th, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM – 5:00 PM Lap Swim / Water Walk (6)	5:30 AM – 5:00 PM Lap Swim / Water Walk (6)	5:30 AM – 6:15 PM Lap Swim / Water Walk (6)	5:30 AM – 5:00 PM Lap Swim / Water Walk (6)	5:30 AM – 7:15 PM Lap Swim / Water Walk (6)	7:00 AM – 12:00 PM Lap Swim / Water Walk (6)
5:00 – 7:15 PM Lap Swim (1) Swim Team (5)	5:00 – 7:15 PM Lap Swim (1) Swim Team (5)	6:15 – 7:15 PM Lap Swim (2) Swim Team (4)	5:00 – 7:15 PM Lap Swim (1) Swim Team (5)		Swim Team practices begin 9/11

- (#) Denotes lanes available

THERAPY POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM – 2:00 PM Open – Adults Only					7:00 – 9:00 AM Open
2:00 – 5:30 PM Open	2:00 – 5:00 PM Open	2:00 – 5:30 PM Open	2:00 – 4:30 PM Open	2:00 – 7:45 PM Open	9:00 – 11:10 AM Open – Adults Only
5:30 – 6:35 PM Open – Adults Only	5:00 – 7:00 PM Open – Adults Only	5:30 – 6:35 PM Open – Adults Only	4:30 – 6:30 PM Open – Adults Only		11:10 AM – 2:45 PM Open
6:35 – 7:45 PM Open	7:00 – 7:45 PM Open	6:35 – 7:45 PM Open	7:00 – 7:45 PM Open		

KIDS' ACTIVITY POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 – 10:00 AM Open Swim	9:00 – 11:00 AM Open Swim **	9:00 – 10:00 AM Open Swim	9:30 – 10:35 AM Swim Lessons	9:00 – 10:00 AM Swim Lessons	7:00 – 9:00 AM Open Swim
10:00 – 11:00 AM Exercise Class		10:00 – 11:00 AM Exercise Class	10:35 – 11:00 AM Open Swim	10:00 – 11:00 AM Exercise Class	9:00 – 11:10 AM Swim Lessons
11:00 AM – 1:00 PM Open Swim	11:00 AM – 12:00 PM Exercise Class	11:00 AM – 1:00 PM Open Swim **	11:00 AM – 12:00 PM Exercise Class	11:00 AM – 1:00 PM Open Swim	11:10 AM – 2:45 PM Open Swim **
1:00 – 2:00 PM Exercise Class	12:00 – 5:00 PM Open Swim	1:00 – 2:00 PM Exercise Class	12:00 – 4:30 PM Open Swim	1:00 – 2:00 PM Exercise Class	
2:00 – 6:00 PM Open Swim		2:00 – 5:30 PM Open Swim		2:00 – 4:00 PM Open Swim	
6:00 – 6:35 PM Swim Lessons	5:00 – 7:10 PM Swim Lessons	5:30 – 6:35 PM Swim Lessons	4:30 – 6:30 PM Swim Lessons	4:00 – 7:45 PM Open Swim **	
6:35 – 7:45 PM Open Swim **	7:10 – 7:45 PM Open Swim **	6:35 – 7:45 PM Open Swim **	6:30 – 7:45 PM Open Swim **		

- Water Features will ONLY be on when marked with an [asterisk **](#)
- Open swim times are highlighted

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.
- 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 6-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 POOL

September 5-30th, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 8:00 AM Open Swim					7:00 - 9:00 AM Open Swim
8:00 - 9:00 AM Water Aerobics	8:00 - 11:00 AM Open Swim	8:00 - 9:00 AM Water Aerobics	8:00 - 9:30 AM Open Swim	8:00 - 9:00 AM Water Aerobics	9:00 - 11:10 AM Swim Lessons
9:00 - 10:00 AM Open Swim		9:00 - 10:00 AM Open Swim	9:30 - 10:00 AM Swim Lessons	9:00 - 10:00 AM Open Swim	
10:00 - 11:00 AM Water Aerobics		10:00 - 11:00 AM Water Aerobics	10:00 - 11:00 AM Open Swim	10:00 - 11:00 AM Water Aerobics	
11:00 AM - 1:00 PM Open Swim	11:00 AM - 12:00 PM Water Aerobics	11:00 - 1:00 PM Open Swim	11:00 AM - 12:00 PM Water Aerobics	11:00 AM - 1:00 PM Open Swim	11:10 AM - 2:45 PM Open Swim
1:00 - 2:00 PM Water Aerobics	12:00 - 5:00 PM Open Swim	1:00 - 2:00 PM Water Aerobics	12:00 - 4:30 PM Open Swim	1:00 - 2:00 PM Water Aerobics	
2:00 - 5:30 PM Open Swim		2:00 - 5:30 PM Open Swim		2:00 - 7:45 PM Open Swim	
5:30 - 6:35 PM Water Aerobics	5:00 - 7:10 PM Swim Lessons	5:30 - 6:35 PM Water Aerobics	4:30 - 6:30 PM Swim Lessons		
6:35 - 7:45 PM Open Swim	7:10 - 7:45 PM Open Swim	6:35 - 7:45 PM Open Swim	6:30 - 7:45 PM Open Swim		

Open swim times are highlighted

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.
- 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 6-person maximum.
- Non-toilet trained children must wear rubber pants or swim diaper. Swim diapers are available for purchase at the front desk.