



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL

Jan 7th – Feb 24th, 2024

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

- (#) Denotes lanes available

THERAPY POOL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			7:00 AM – 2:00 PM Open – Adults Only			7:00 – 9:00 AM Open
10:00 AM – 2:45 PM 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 – 11:00 AM Open – Adults Only 11:00 AM – 4:45 PM Open
	5:30 – 7:05 PM Open – Adults Only	5:00 – 6:30 PM Open – Adults Only	5:30 – 6:30 PM Open – Adults Only	4:30 – 6:30 PM Open – Adults Only		
	7:05 – 7:45 PM Open	6:30 – 7:45 PM Open	6:30 – 7:45 PM Open	6:30 – 7:45 PM Open		

KIDS' ACTIVITY POOL

Sunday	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	9:00 – 11:00 AM Open Swim	9:15 – 10:00 AM Swim Lessons	7:00 – 9:00 AM Open Swim
	10:00 – 11:00 AM Water Aerobics Class		10:00 – 11:00 AM Water Aerobics Class		10:00 – 11:00 AM Water Aerobics Class	9:00 – 11:00 AM Swim Lessons
10:00 AM – 1:00 PM Open Swim **	11:00 AM – 1:00 PM Open Swim	11:00 AM – 12:00 PM Water Aerobics Class	11:00 AM – 1:00 PM Open Swim **	11:00 AM – 12:00 PM Water Aerobics Class	11:00 AM – 1:00 PM Open Swim	11:00 AM – 3:00 PM Open Swim **
1:00 – 2:45 PM Open Swim	1:00 – 2:00 PM Water Aerobics Class	12:00 – 5:00 PM Open Swim	1:00 – 2:00 PM Water Aerobics Class	12:00 – 4:30 PM Open Swim	1:00 – 2:00 PM Water Aerobics Class	
	2:00 – 5:30 PM Open Swim		2:00 – 5:30 PM Open Swim		2:00 – 4:00 PM Open Swim	3:00 – 4:45 PM Open Swim
	5:30 – 6:30 PM Water Aerobics Class	5:00 – 6:30 PM Swim Lessons	5:30 – 6:30 PM Water Aerobics Class	4:30 – 6:30 PM Swim Lessons	4:00 – 7:45 PM Open Swim **	
	6:35 – 7:05 PM Swim Lessons	6:30 – 7:45 PM Open Swim **	6:30 – 7:45 PM Open Swim **	6:30 – 7:45 PM Open Swim		
	7:05 – 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

January 7th – February 24th, 2024

Sunday	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 Class	8:00 – 11:00 AM Open Swim	8:00 – 9:00 AM Water Aerobics Class	8:00 – 11:00 AM Open Swim	8:00 – 9:00 AM Water Aerobics Class	
10:00 AM – 2:45 PM Open Swim	9:00 – 10:00 AM Open Swim		9:00 – 10:00 AM Open Swim		9:00 – 10:00 AM Open Swim	
	10:00 – 11:00 AM Water Aerobics Class		10:00 – 11:00 AM Water Aerobics Class		10:00 – 11:00 AM Water Aerobics Class	
	11:00 AM – 1:00 PM Open Swim	11:00 AM – 12:00 PM Water Aerobics Class	11:00 – 1:00 PM Open Swim	11:00 AM – 12:00 PM Water Aerobics Class	11:00 AM – 1:00 PM Open Swim	
	1:00 – 2:00 PM Water Aerobics Class	12:00 – 5:00 PM Open Swim	1:00 – 2:00 PM Water Aerobics Class	12:00 – 4:30 PM Open Swim	1:00 – 2:00 PM Water Aerobics Class	
	2:00 – 5:30 PM Open Swim		2:00 – 5:30 PM Open Swim		2:00 – 7:45 PM Open Swim	
	5:30 – 6:30 PM Water Aerobics Class	5:00 – 6:30 PM Swim Lessons	5:30 – 6:30 PM Water Aerobics Class	4:30 – 6:30 PM Swim Lessons		
	6:35 – 7:05 PM Swim Lessons	6:30 – 7:45 PM Open Swim	6:30 – 7:45 PM Open Swim	6:30 – 7:45 PM Open Swim		
	7:05 – 7:45 PM Open Swim					

• Open swim times are highlighted

**** School Rental on Wednesday, January 17th 10am–1pm in the Recreational and Activity Pool areas. Water Aerobics at 10am and 1pm have been cancelled for this day.**

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.