

Recreation Pool

2024: Summer B 7/1-8/11

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|----------|---|--|---|--|-------------------------------------|---|--|--|
| 5:30 AM | | | | | | Both Pools will close beginning 8/12 for extended maintenance ----- SACC Camp runs 6/10-8/8 | During the times when only 2 lap lanes are available, lap swimming only permitted unless accompanied by a YMCA aquatic staff | |
| 6:00 | | Adult Lap Swim Class 3 LL 6-7am | | Adult Lap Swim Class 3 LL 6-7am | | | | |
| 6:30 | | | | | | | LG Course will take 1-2 lanes during parts of 7/1-7/3 | |
| 7:00 | | Swim Team 4LL 7-9am | | Swim Team 4LL 7-9am | Swim Team 4LL 7-9am | | | |
| 7:30 | | | | | | | | |
| 8:00 | | | | | | | | |
| 8:30 | | | | | | | | |
| 9:00 | | | | | | | | |
| 9:30 | | | | | | | | |
| 10:00 | Deep Water Running 10-10:50 4 L L L | One-on-One Swim Lessons 9:00-12:00 3LL 5 L L L | Deep Water Running 10-10:50 4 L L L | One-on-One Swim Lessons 9:00-12:00 3LL 5 L L L | Deep Water Running 10-10:50 4 L L L | Swim Team 10a-12:30p 6LL starts 4/15 2 L L L | | |
| 10:30 | | | | | | | | |
| 11:00 | | | | | | | | |
| 11:30 | | | | | | | | |
| 12:00 PM | Power Lunch 12:10-12:55 4 L L L | | Power Lunch 12:10-12:55 4 L L L | | Power Lunch 12:10-12:55 4 L L L | Swim Lessons 12:30-1:00 2 L L L | | |
| 12:30 | | | | | | | | |
| 1:00 | | SACC Camp 1:00-3:00 3LL 5 L L L | | SACC Camp 1:00-3:00 3LL 5 L L L | | | | |
| 1:30 | | | | | | | | |
| 2:00 | | | | | | | | |
| 2:30 | | | | | | | | |
| 3:00 | | | | | | | | |
| 3:30 | | Swim Team 3:00-4:30 4LL 4 L L L | | Swim Team 3:00-4:30 4LL 4 L L L | | | | |
| 4:00 | Swim Team 3:00-7:00 4LL 4 L L L | | Swim Team 3:00-7:00 4LL 4 L L L | | | | Pool Closes at 3:30PM | |
| 4:30 | | | | | Swim Team 4:30-5:30 4LL 4 L L L | | | |
| 5:00 | | | | | | | | |
| 5:30 | | | | | | | | |
| 6:00 | Swim Team & Swim Camp 6:15-7:00 8LL 4 L L L | Swim Camp 6:15-7:00 4LL 4 L L L | Swim Team & Swim Camp 6:15-7:00 8LL 4 L L L | Swim Camp 6:15-7:00 4LL 4 L L L | | | | |
| 6:30 | | | | | | | | |
| 7:00 | | | | | | | | |
| 7:30 | | | | | | | | |
| 8:00 | | | | | | | | |
| 8:30 | | | | | | | | |
| 9:00 | Pool Closes at 8:45 PM | | | | | | | |

For the most up-to-date schedule, use phone camera on QR code




KEY: YSL = YMCA Swimming Lessons; ST = Swim Team & LL = LAP LANES
Pool Schedule is a general guideline - programs & lanes subject to change

updated
6/10/2024

Therapy Pool

2024: Summer B 7/1-8/11

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|---|---|---|---|---|---|---|
| 5:30 AM | Adult & Therapeutic Exercise Time 5:30-9:00a | Adult & Therapeutic Exercise Time 5:30-9:00a | Adult & Therapeutic Exercise Time 5:30-9:00a | Adult & Therapeutic Exercise Time 5:30-9:00a | Adult & Therapeutic Exercise Time 5:30-9:00a | There will be NO private lessons allowed in the therapy pool during the first hour of Member Workout on weekends. | Leisure Swim time requires a wristband that you can pick up at the front desk up to 15 minutes before that session. The band is good for one A , B or C session only. |
| 6:00 | | | | | | | |
| 6:30 | | | | | | | |
| 7:00 | | | | | | | |
| 7:30 | | | | | | | |
| 8:00 | | | | | | | |
| 8:30 | Cardio Strength & Stretch 9:00-10:00a | Cardio Strength & Stretch 9:00-10:00a | Cardio Strength & Stretch 9:00-10:00a | Cardio Strength & Stretch 9:00-10:00a | Cardio Strength & Stretch 9:00-10:00a | Adult & Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00-10:00a | Adult & Therapeutic Exercise Time w/Private Lessons (10:00am) 9:00am-12:30pm |
| 9:00 | | | | | | | |
| 9:30 | Adult & Therapeutic Exercise w/ PL 10:00-11:00a | Family Swim A 10:00-10:55a | Adult & Therapeutic Exercise w/ PL 10:00-11:00a | Family Swim A 10:00-10:55a | Adult & Therapeutic Exercise w/ PL 10:00-11:00a | Swim Lessons 10:00am-12:50pm | Adult & Therapeutic Exercise Time w/ Swim Lessons 12:30p -2:00p |
| 10:00 | | | | | | | |
| 10:30 | Arthritis & More 11:00-12:00 | Family Swim B 11:00-11:55a | Arthritis & More 11:00-12:00 | Family Swim B 11:00-11:55a | Arthritis & More 11:00-12:00 | Family Swim A 2:00-2:55p | Family Swim B 1:30-2:25p |
| 11:00 | | | | | | | |
| 11:30 | Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p | Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p | Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p | Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p | Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p | Family Swim C 2:30-3:25p | Family Swim C 2:30-3:25p |
| 12:00 PM | | | | | | | |
| 12:30 | | | | | | | |
| 1:00 | | | | | | | |
| 1:30 | | | | | | | |
| 2:00 | | | | | | | |
| 2:30 | Family Swim A 3:30-4:25p | Family Swim A 3:30-4:25p | Family Swim A 3:30-4:25p | Family Swim A 3:30-4:25p | Family Swim A 3:30-4:25p | Family Swim B 3:00-3:55p | Family Swim B 3:00-3:55p |
| 3:00 | | | | | | | |
| 3:30 | Swim Camp 4:30-6:00 | Swim Camp 4:30-6:00 | Swim Camp 4:30-6:00 | Swim Camp 4:30-6:00 | Swim Camp 4:30-6:00 | Family Swim C 4:00-4:55p | Family Swim C 4:00-4:55p |
| 4:00 | | | | | | | |
| 4:30 | Water Fitness 6:10-7:00p | Adult & Therapeutic Exercise w/ PL 6:10-7:00 | Water Fitness 6:10-7:00p | Adult & Therapeutic Exercise w/ PL 6:10-7:00 | Adult & Therapeutic Exercise w/ PL 5:30-7:00 | Pool Closes at 3:30PM | Pool Closes at 5:00PM |
| 4:30 | | | | | | | |
| 5:00 | Water Fitness 6:10-7:00p | Adult & Therapeutic Exercise w/ PL 6:10-7:00 | Water Fitness 6:10-7:00p | Adult & Therapeutic Exercise w/ PL 6:10-7:00 | Adult & Therapeutic Exercise w/ PL 5:30-7:00 | For the most up-to-date schedule, use phone camera on QR code | For the most up-to-date schedule, use phone camera on QR code |
| 5:30 | | | | | | | |
| 6:00 | Pool Closes at 7:00pm Monday-Friday | | | | | |  |
| 6:30 | | | | | | | |
| 7:00 | | | | | | | |
| 7:30 | | | | | | | |
| 8:00 | Both Pools will close beginning 8/12 for extended maintenance | | | | | | |

Pool Schedule is a general guideline - programs subject to change

