

# Recreation Pool

2024: Fall 9/3-10/27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM						Rec Pool Closed 10/19 from 8:00am-3:00pm for Swim Meet. No Swim Lessons on 10/19.	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						Lanes Closed Sat 9/14, 2:30-5:00, for Wibit Events		
7:00							Rec Pool, 6LL Closed 9/29 for Swim Team Fundraiser	
7:30								
8:00								
8:30								
9:00								
9:30								
10:00	Deep Water Running 10-10:50 4 L L		Deep Water Running 10-10:50 4 L L		Deep Water Running 10-10:50 4 L L	Swim Team 9a-12:45p 6LL starts 9/14 2 L L		
10:30								
11:00								
11:30								
12:00 PM	Power Lunch 12:10-12:55 4 L L		Power Lunch 12:10-12:55 4 L L		Power Lunch 12:10-12:55 4 L L	Swim Lessons 1:00-1:30 2 L L		
12:30								
1:00								
1:30								
2:00								
2:30						Wibit Setup 9/14		
3:00						Wibit Party 9/14 4 L L		
3:30	Cubs ST 3:30-4:15 6LL 2 L L		Cubs ST 3:30-4:15 6LL 2 L L			Wibit Event 9/14	Pool Closes at 3:30PM	
4:00								
4:30	Blue Lions Swim Team 4:15-6:15 6LL 2 L L	Blue Lions Swim Team 4:15-6:15 6LL 2 L L	Blue Lions Swim Team 4:15-6:15 6LL 2 L L	Blue Lions Swim Team 4:15-6:15 6LL 2 L L	Blue & White Swim Team 4:15-6:15 6LL 2 L L			
5:00								
5:30								
6:00								
6:30	Pride ST 6:15-7:15 8LL start 9/9 2 L L	Pride ST 6:15-7:15 8LL start 9/9 2 L L	Pride ST & Lessons 6:15-7:15 8LL 2 L L	Pride ST 6:15-7:15 8LL start 9/9 2 L L	Cubs ST 6:15-7:00 6LL start 9/9 2 L L			
7:00								
7:30	White Lions 7:15-8:45 6LL start 9/9 2 L L	White Lions 7:15-8:45 6LL start 9/9 2 L L	White Lions 7:15-8:45 6LL start 9/9 2 L L	White Lions 7:15-8:45 6LL start 9/9 2 L L				
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 8/30/2024

# Therapy Pool

2024: Fall 9/3-10/27

	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										
10:00										
10:30										
11:00										
11:30	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	Group swim lessons 10a-11a	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	Group swim lessons 10a-11a	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	Swim Lessons 10:00am-12:50pm	Family Swim A 12:30-1:25p Family Swim B 1:30-2:25p Family Swim C 2:30-3:25p			
12:00 PM	<b>Arthritis &amp; More</b> 11:00-12:00	<b>Family Swim</b> 11:00-11:55a	<b>Arthritis &amp; More</b> 11:00-12:00	<b>Family Swim</b> 11:00-11:55a	<b>Arthritis &amp; More</b> 11:00-12:00					
12:30	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p			Adult & Therapeutic Exercise Time w/ Swim Lessons 12:30p -2:00p		
1:00										
1:30										
2:00										
2:30										
3:00										
3:30	<b>Family Swim</b> 4:00p-4:55p	<b>Family Swim</b> 3:30p-4:25p	<b>Family Swim</b> 4:00p-4:55p	<b>Family Swim</b> 3:30p-4:25p	<b>Family Swim</b> 4:00p-4:55p	<b>Family Swim A</b> 2:00-2:55p				
4:00										
4:30										
5:00										
5:30										
6:00										
6:30	Swim Lessons 5:00-6:45	Swim Lessons 4:30-7:00	Swim Lessons 5:00-6:05	Swim Lessons 4:30-7:00	Adapted Swim Lessons 5:00pm-7:00pm	<b>Family Swim B</b> 3:00-3:55p				
7:00										
7:30										
8:00										
Pool Closes at 7:00pm until further notice due to staffing										
Pool Closes at 5:00PM										
For the most up-to-date schedule, use phone camera on QR code										

Pool Schedule is a general guideline - programs subject to change

