

# Recreation Pool

2024: Holiday 10/28-12/21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM						Rec Pool Closed 12/7 & 12/21 from 8:00am-3:00pm for Swim Meet. No Swim Lessons on 12/7.	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							
7:00						Lanes Closed Sun 11/17, 1:00-3:30, for Wubit Event	
7:30							Swim Lessons End 12/14, WF Classes End 12/20
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	
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		
12:30						Swim Lessons 1:00-1:30 4 L L	
1:00							
1:30							Wubit Event 11/17 Set-Up 1-1:30pm Event Runs 1:30-3:30pm
2:00							
2:30							
3:00							
3:30	Cubs ST 3:30-4:15 6LL 2 L L		Cubs ST 3:30-4:15 6LL 2 L L				
4:00							Pool Closes at 3:30PM
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							Pool Closes at 5:00PM
6:00							
6:30	Pride ST 6:15-7:15 8LL 2 L L	Pride ST 6:15-7:15 8LL 2 L L	Pride ST & Lessons 6:15-7:15 8LL 2 L L	Pride ST 6:15-7:15 8LL 2 L L	Cubs ST 6:15-7:00 6LL 2 L L		
7:00							For the most up-to-date schedule, use phone camera on QR code
7:30	White Lions 7:15-8:45 6LL 2 L L	White Lions 7:15-8:45 6LL 2 L L	White Lions 7:15-8:45 6LL 2 L L	White Lions 7:15-8:45 6LL 2 L L			
8:00							
8:30							
9:00	Pool Closes at 8:45 PM						

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



updated 10/26/2024

# Therapy Pool

2024: Holiday 10/28-12/21

	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.	Family 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 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	Sun 11/17, Pool Closed @ 1:30pm for Wibit Events
9:00							
9:30	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	<b>Family Swim</b> 10:00-10:55a	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	<b>Family Swim</b> 10:00-10:55a	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	Swim Lessons 10:00am-12:50pm	Adult & Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00am-12:30pm
10:00							
10:30							
11:00	<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		
11:30							
12:00 PM	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		
12:30							
1:00							
1:30							
2:00							
2:30							
3:00	<b>Family Swim</b> 3:30p-4:25p	<b>Family Swim</b> 3:30p-4:25p	<b>Family Swim</b> 3:30p-4:25p	<b>Family Swim</b> 3:30p-4:25p	<b>Family Swim</b> 3:30p-4:25p	<b>Family Swim</b> A 12:30-1:25p B 1:30-2:25p C 2:30-3:25p	
3:30							
4:00	<b>Family Swim</b> 4:00p-4:55p	<b>Family Swim</b> 4:00p-4:55p	<b>Family Swim</b> 4:00p-4:55p	<b>Family Swim</b> 4:00p-4:55p	<b>Family Swim</b> 4:00p-4:55p	<b>Family Swim</b> A 2:00-2:55p B 3:00-3:55p C 4:00-4:55p	
4:30							
5:00	Swim Lessons 5:00-6:45	Swim Lessons 4:30-6:45	Swim Lessons 5:00-6:05	Swim Lessons 4:30-7:00	Adapted Swim Lessons 5:00pm-7:00pm	Pool Closes at 5:00PM	
5:30							
6:00							
6:30							
7:00	Adult & Therapeutic Exercise Time 6:50-8:00	Adult & Therapeutic Exercise Time 6:50-8:00	Adult & Therapeutic Exercise Time 7:00-8:00	Adult & Therapeutic Exercise Time 7:00-8:00	Pool Closes at 7:00pm until further notice due to staffing	For the most up-to-date schedule, use phone camera on QR code	
7:30							
8:00							

Pool Schedule is a general guideline - programs subject to change

