

Recreation Pool

2024: Early December, 12/2-12/15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM						Rec Pool Closed 12/7 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						Lanes Closed Sun 12/15, 12:30-3:30, for Wibit Event	Swim Lessons End 12/14, WF Classes End 12/20
7:00							
7:30						Sat 12/7, Swim Meet 8am-3pm	
8:00							
8:30						Sat 12/14, 8LL Open 8am-1pm	
9:00							
9:30						Sat 12/7, Swim Meet 8am-3pm	
10:00	Deep Water Running 10-10:50		Deep Water Running 10-10:50		Deep Water Running 10-10:50		
10:30						Sat 12/14, 8LL Open 8am-1pm	
11:00							
11:30						Swim Lessons 1:00-1:30	Wibit Event 12/15 Set-Up 12:30-1:00pm Event Runs 1:00-3:30pm
12:00 PM	Power Lunch 12:10-12:55		Power Lunch 12:10-12:55		Power Lunch 12:10-12:55		
12:30						Swim Lessons 1:00-1:30	Wibit Event 12/15 Set-Up 12:30-1:00pm Event Runs 1:00-3:30pm
1:00							
1:30						Swim Lessons 1:00-1:30	Wibit Event 12/15 Set-Up 12:30-1:00pm Event Runs 1:00-3:30pm
2:00							
2:30						Swim Lessons 1:00-1:30	Wibit Event 12/15 Set-Up 12:30-1:00pm Event Runs 1:00-3:30pm
3:00							
3:30	Cubs ST 3:30-4:15 6LL		Cubs ST 3:30-4:15 6LL			Swim Lessons 1:00-1:30	Wibit Event 12/15 Set-Up 12:30-1:00pm Event Runs 1:00-3:30pm
4:00							
4:30	Blue Lions Swim Team 4:15-6:15 6LL	Blue Lions Swim Team 4:15-6:15 6LL	Blue Lions Swim Team 4:15-6:15 6LL	Blue Lions Swim Team 4:15-6:15 6LL	Blue & White Swim Team 4:15-6:15 6LL	Swim Lessons 1:00-1:30	Wibit Event 12/15 Set-Up 12:30-1:00pm Event Runs 1:00-3:30pm
5:00							
5:30						Swim Lessons 1:00-1:30	Wibit Event 12/15 Set-Up 12:30-1:00pm Event Runs 1:00-3:30pm
6:00							
6:30	Pride ST 6:15-7:15 8LL	Pride ST 6:15-7:15 8LL	Pride ST & Lessons 6:15-7:15 8LL	Pride ST 6:15-7:15 8LL	Cubs ST 6:15-7:00 6LL	Swim Lessons 1:00-1:30	Wibit Event 12/15 Set-Up 12:30-1:00pm Event Runs 1:00-3:30pm
7:00							
7:30	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL		Swim Lessons 1:00-1:30	Wibit Event 12/15 Set-Up 12:30-1:00pm Event Runs 1:00-3:30pm
8:00							
8:30						Swim Lessons 1:00-1:30	Wibit Event 12/15 Set-Up 12:30-1:00pm Event Runs 1:00-3:30pm
9:00							

Pool Closes at 8:45 PM

Pool Closes at 3:30PM

Pool Closes at 5:00PM

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 12/4/2024

Therapy Pool

2024: Early December, 12/2-12/15

	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								
9:00	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 12/15, Pool Closed @ 12:30pm for Wubit Events	
9:30								
10:00	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	Family Swim 10:00-10:55a	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	Family Swim 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	
10:30								
11:00	Arthritis & More 11:00-12:00	Family Swim 11:00-11:55a	Arthritis & More 11:00-12:00	Family Swim 11:00-11:55a	Arthritis & More 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			Family Swim A 12:30-1:25p Family Swim B 1:30-2:25p Family Swim C 2:30-3:25p
12:30								
1:00								
1:30								
2:00								
2:30								
3:00								
3:30	Family Swim 3:30p-4:25p	Family Swim 4:00p-4:55p	Family Swim 3:30p-4:25p	Family Swim 4:00p-4:55p	Family Swim 3:30p-4:25p			
4:00								
4:30	Family Swim 4:00p-4:55p	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	Family Swim C 4:00-4:55p		
5:00								
5:30	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		
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	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



