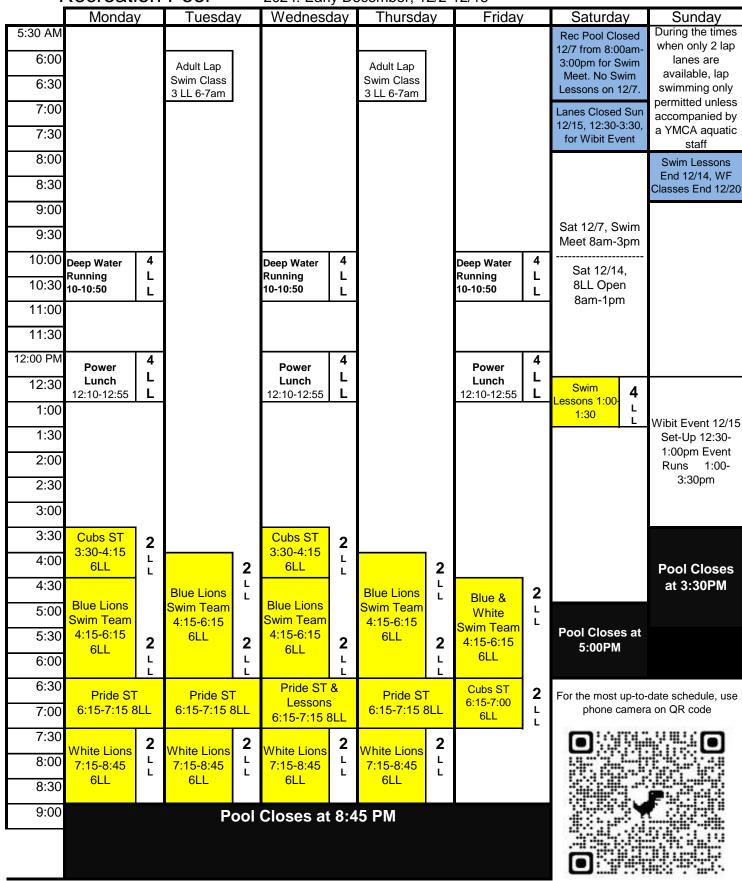


2024: Early December, 12/2-12/15



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

upuateu 12/4/2024

	Therapy F	Pool					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM 6:00 6:30 7:00 7:30	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.				
8:00 8:30	3.30-9.00a	5.50-9.00a	3.30-9.00a	5.50-9.00a	3.30-9.00a	Adult & Therapeutic Exercise Time w/	Sun 12/15, Pool Closed @ 12:30pm for Wibit Events
9:00 9:30	Cardio Strength & Stretch 9:00-10:00a	Private Lessons (9:00am) 8:00- 10:00a	Adult & Therapeutic				
10:00 10:30	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		Exercise Time w/ Private Lessons
11:00 11:30	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	Swim Lessons 10:00am- 12:50pm	<b>(10:00am)</b> 9:00am- 12:30pm
12:00 PM 12:30 1:00 1:30 2:00 2:30 3:00	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 & Thp. Exercise Time w/ P. Lessons 1:00p -2:00p Family Swim A 2:00- 2:55p Family Swim B 3:00-	Family Swim   A 12:30-   1:25p Family Swim   B 1:30-   2:25p Family Swim   C 2:30-   3:25p Size
3:30 4:00 4:30	Family Swim 4:00p-4:55p	Family Swim 3:30p-4:25p	Family Swim 4:00p-4:55p	Family Swim 3:30p-4:25p	Family Swim 4:00p-4:55p	3:55p Family Swim C 4:00- 4:55p	Pool Closes
5:00 5:30 6:00 6:30	Swim Lessons 5:00-6:45	Swim Lessons 4:30-6:45	Swim Lessons 5:00-6:05 Water Fitness 6:10-7:00	Swim Lessons 4:30-7:00	Adapted Swim Lessons 5:00pm- 7:00pm	Pool Closes at	
7:00 7:30 8:00	Adult & Therapeutic Exercise Time 6:50- 8:00	Inerapeutic	Adult & Therapeutic Exercise Time 7:00 8:00		t 7:00pm until due to staffing		

Pool Schedule is a general guideline - programs subject to change