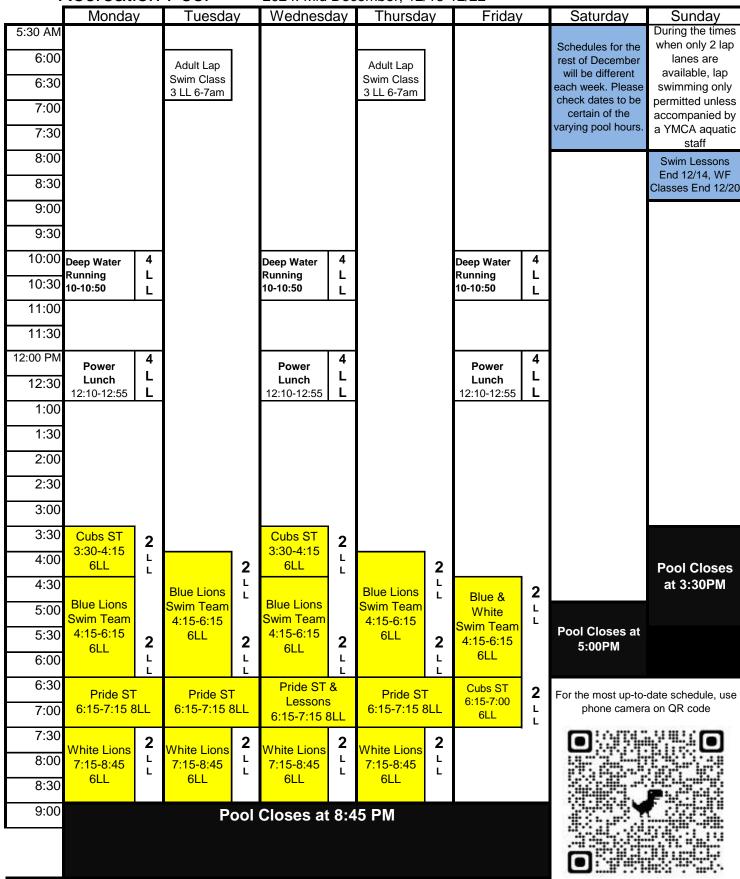


2024: Mid December, 12/16-12/22



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

upuateu 12/12/2024

	Therapy Pool 2024: Mid December, 12/16-12/22						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM 6:00 6:30 7:00 7:30	Adult & Therapeutic Exercise	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.	minutes before that session. The band is good for one session only.
8:00 8:30 9:00		Cardio Strength	Cardio Strength	Cardio Strength	Cardio Strength		Sun 12/15, Pool Closed @ 12:30pm for Wibit Events
9:30	& Stretch 9:00-10:00a		Adult & Therapeutic				
10:00 10:30	Exercise w/ Pl	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	Adult & Therapeutic Exercise Time w/	Exercise Time w/ Private Lessons
11:00 11:30	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	Private Lessons (9:00am) 8:00a- 2:00p	(10:00am) 9:00am- 12:30pm
12:00 PM 12:30 1:00 1:30 2:00 2:30 3:00 3:30	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Family Swim A 2:00- 2:55p Family Swim B 3:00- 3:55p	Family SwimA12:30-1:25pFamily SwimB1:30-2:25pFamily SwimC2:30-3:25p				
4:00	4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim C 4:00- 4:55p	Pool Closes at 3:30PM
5:00 5:30	Family Swim	Family Swim 5:00p-5:55p	Family Swim 5:00p-5:55p	Family Swim 5:00p-5:55p	Adult & Therapeutic	Pool Closes at 5:00PM	
	Adult & Therapeutic Exercise Time 6:00-	Adult & Therapeutic Exercise Time 6:00		Adult & Therapeutic Exercise Time 6:00- 7:00	Exercise Time 5:00 7:00	For the most up-t use phone came	
7:00 7:30 8:00	8:00 8:00		Therapeutic Exercise Time 7:00 8:00 Pool Closes at 7:00pm				
0.00	Pool	Closes at 8:0	0pm				

Pool Schedule is a general guideline - programs subject to change