

## POOL SCHEDULE - May 28 through August 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 9:30 a.m. Adult Lap Swim	6:00 - 9:15 a.m. Adult Lap Swim	6:00 - 9:30 a.m. Adult Lap Swim	6:00 - 9:15 a.m. Adult Lap Swim	6:00 - 9:30 a.m. Adult Lap Swim	8:00 - 9:15 a.m. Adult Lap Swim
9:30 - 10:15 a.m. Y Preschool	9:30 - 10:30 a.m. Water Walk/Jog	9:30 - 10:15 a.m. Y Childcare	9:30 - 10:30 a.m. Water Walk/Jog	9:30 - 10:15 a.m. Y Preschool	9:15 - 12:00 p.m. Preschool and Progressive Swimming Lessons
10:30 - 11:30 a.m. Water Exercise	10:30 - 11:30 a.m. Aquacise	10:30 - 11:30 a.m. Water Exercise	10:30 - 11:30 a.m. Aquacise	10:30 - 11:30 a.m. Open Senior Swim	
11:30 - 12:30 p.m. Arthritic Aquacise	11:30 - 12:30 p.m. Arthritic Aquacise	11:30 - 12:30 p.m. Arthritic Aquacise	11:30 - 12:30 p.m. Arthritic Aquacise	11:30 - 12:30 p.m. Mom & Tot Swim	
12:30 - 1:30 p.m. Adult Lap Swim					12:00 - 1:30 p.m. Adult Lap Swim
1:45 - 4:00 p.m. Y Summer Day Camp				1:30 - 2:30 p.m. LINC Swim Rental	1:30 - 4:30 p.m. Family Swim
4:15 - 6:00 p.m. Progressive Swimming Lessons	4:15 - 5:30 p.m. Adult Lap Swim	4:15 - 6:00 p.m. Open Swim	4:15 - 5:30 p.m. Adult Lap Swim	4:15 - 5:45 p.m. Private Lessons & Pool Rentals	5:00 - 8:00 p.m. Facility Rentals & Special Events
6:00 - 7:00 p.m. Deep Water Interval/Cardio	5:45 - 7:00 p.m. Progressive Swimming Lessons	6:00 - 7:00 p.m. Deep Water Interval/Cardio	5:30 - 7:15 p.m. Progressive Swimming Lessons	5:45 - 6:45 p.m. Open Swim	
7:00 - 8:00 p.m. Adult Lap Swim	7:00 - 8:15 p.m. Family Swim	7:00 - 8:00 p.m. Adult Lap Swim	7:15 - 8:15 p.m. Open Swim	6:45 - 8:00 p.m. Adult Lap Swim	

**The YMCA reserves the right to revise the pool schedule, based on programming needs and usage patterns.  
Changes will be posted at the Member Service desk, on gym doors, and on locker room doors.**