



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	
5:00	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM			5:00	
5:30		MASTERS SWIM		MASTERS SWIM				5:30	
6:30		5:30-6:30AM		5:30-6:30AM				6:30	
8:00		FAMILY SWIM		FAMILY SWIM				8:00	
9:00	WATER FITNESS 9:00-10:00AM	WATER FITNESS 9:00-10:00AM	WATER FITNESS 9:00-10:00AM	FAMILY SWIM	WATER FITNESS 9:00-10:00AM	SWIM TEAM 8-9AM	FAMILY SWIM	9:00	
10:00	AQUA ZUMBA 10:00-11:00AM	FAMILY SWIM	FAMILY SWIM		FAMILY SWIM	WATER YOGA 9:00-10:00AM		FAMILY SWIM	10:00
11:00	WATER YOGA 11:00-12:00PM		WATER YOGA 11:00-12:00PM	FAMILY SWIM	WATER YOGA 11:00-12:00PM	12:45 Close			11:00
NOON	FAMILY SWIM		FAMILY SWIM	SWIM LESSONS 12:00-2:00PM	FAMILY SWIM				NOON
1:00	ARTHRITIS CLASS 1:00-2:00PM		ARTHRITIS CLASS 1:00-2:00PM	ARTHRITIS CLASS 1:00-2:00PM	ARTHRITIS CLASS 1:00-2:00PM	1:45 Close	1:00		
2:00	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM			2:00	
3:00	3:00								
4:00	4:00								

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time		
5:00	SWIM LESSONS	SWIM LESSONS	FAMILY SWIM	SWIM LESSONS	FAMILY SWIM	12:45 Close	1:45 Close	5:00		
5:30	Deep Water/ Water Fitness 5:30-6:30PM	Aqua Boot Camp 5:30-6:30PM		AQUA TABATA 5:30-6:30PM		SWIM TEAM 6:30-7:30PM 1 lap lane open for member use	6:45 Close			5:30
5:45										5:45
6:00										6:00
6:15	6:15									
6:30	FAMILY SWIM	SWIM TEAM	FAMILY SWIM	SWIM TEAM				6:30		
6:45		6:30-7:30PM		6:30-7:30PM				6:45		
7:00		1 lap lane open for member use		1 lap lane open for member use				7:00		
7:15		FAMILY SWIM		FAMILY SWIM				7:15		
7:30								7:30		
7:45	7:45 Close	7:45 close	7:45 Close	7:45 close				7:45		
8:00								8:00		
8:45								8:45		

Lap Lanes: for use by adults age 16 and over (Number of available lanes may change based on social distancing needs.)

Program: refers to scheduled class (Water Fitness, Aqua Zumba, Aqua Boot Camp, Aqua Yoga, Arthritis class). **NO OPEN SWIM OR LANE SWIM AT THESE TIMES**

All members and guests agree to abide by River Valley Regional YMCA Aquatics Rules and Regulations. Please take a moment to familiarize yourself with all posted rules. The lifeguard has the authority to remove patrons for violation of facility rules.

Valid As Of: 10/20/2020