



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time		
5:00	4 lap lanes	4 lap lanes	4 lap lanes	4 lap lanes	4 lap lanes			5:00		
5:30	OPEN SWIM	2 lap lanes	OPEN SWIM	2 lap lanes	OPEN SWIM			5:30		
6:30		MASTERS		MASTERS				6:30		
8:00	3 lap lanes	3 lap lanes	3 lap lanes	3 lap lanes OPEN SWIM	3 lap lanes	3 lap lanes OPEN SWIM	8:00			
9:00	2 lap lanes WATER FITNESS	2 lap lanes WATER FITNESS	2 lap lanes WATER FITNESS	2 lap lanes AQUA ZUMBA	2 lap lanes WATER FITNESS	3 lap lanes WATER YOGA		9:00		
10:00	2 lap lanes AQUA ZUMBA	OPEN SWIM 3 lap lanes	3 lap lanes SWIM LESSONS		2 lap lanes AQUA ZUMBA	3 lap lanes SWIM LESSONS		2 Lap lanes SWIM LESSONS	10:00	
11:00	2 lap lanes WATER YOGA		2 lap lanes WATER YOGA	2 lap lanes OPEN SWIM	2 lap lanes WATER YOGA	OPEN SWIM 3 lap lanes		11:00		
NOON	3 lap lanes OPEN SWIM		3 lap lanes OPEN SWIM	2 lap lanes SWIM LESSONS	3 lap lanes OPEN SWIM		OPEN SWIM 3 lap lanes	NOON		
1:00	2 lap lanes ARTHRITIS CLASS		2 lap lanes ARTHRITIS CLASS		2 lap lanes ARTHRITIS CLASS	2 lap lanes ARTHRITIS CLASS		1:00		
2:00	OPEN SWIM 3 lap lanes		OPEN SWIM 3 lap lanes	OPEN SWIM 3 lap lanes	OPEN SWIM 3 lap lanes	OPEN SWIM 3 lap lanes		OPEN SWIM 3 lap lanes	2:00	
3:00		3:00								
4:00		4:00								
							4:45 Close		4:45 Close	

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5:00	SWIM LESSONS	2 lap lanes	OPEN SWIM	2 lap lanes	OPEN SWIM 3 lap lanes	4:45 Close	4:45 Close	5:00
5:30	2 lap lanes	SWIM LESSONS	2 lap lanes	SWIM LESSONS		5:30		
5:45	Deep Water/ Water Aerobics	Aqua Boot Camp	SWIM LESSONS	Aqua Boot Camp		5:45		
6:00						6:00		
6:15						6:15		
6:30		0 lap lanes	2 lap lanes	0 lap lanes		6:30		
6:45		SWIM TEAM	Aqua Zumba	SWIM TEAM		6:45		
7:00	3 lap lanes					7:00		
7:15	YOUTH MVMT					7:15		
7:30	OPEN SWIM	3 lap lanes	3 lap lanes	3 lap lanes		7:30		
7:45		OPEN SWIM	OPEN SWIM	OPEN SWIM	7:45			
8:00					7:45 Close	8:00		
8:45	8:45 Close	8:45 close	8:45 Close	8:45 close		8:45		

Lap Lanes: for use by adults age 16 and over (younger swimmers with approval of Aquatics Director)

Swim Club/ Swim Team: Lanes are reserved for members of the Swim Club and Swim Team ONLY. NO OPEN SWIM AT THESE TIMES.

Open Swim: is an area without lanes with a divider separating the shallow end from the deep end. This area is for both families and adults or supervised children. Non- swimmers must remain in the shallow end and are not permitted in the deep end, even with a floatation device. Lifejackets are available for non-swimmers. ONLY AVAILABLE WHERE HIGHLIGHTED IN GREEN YM= Youth Movement Swim Time

Lessons: area of the pool reserved for participants in swim lesson classes only. NO OPEN SWIM AT THESE TIMES.

Program: refers to scheduled class (Water Fitness, Aqua Zumba, Aqua Boot Camp, Aqua Yoga, Arthritis class). NO OPEN 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.