



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	OPEN SWIM 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	SWIM LESSONS	3 lap lanes SWIM LESSONS		3 lap lanes SWIM LESSONS	2 Lap lanes SWIM LESSONS		10:00
11:00	2 lap lanes WATER YOGA	OPEN SWIM 3 lap lanes	2 lap lanes WATER YOGA	2 lap lanes OPEN SWIM	2 lap lanes WATER YOGA	NOON		11:00
NOON	3 lap lanes OPEN SWIM		3 lap lanes OPEN SWIM	2 lap lanes 12-1pm SWIM LESSONS	3 lap lanes OPEN SWIM		OPEN SWIM 3 lap lanes	NOON
1:00	2 lap lanes ARTHRITIS CLASS	OPEN SWIM 3 lap lanes	2 lap lanes ARTHRITIS CLASS	0 lap lanes 1-2pm	2 lap lanes ARTHRITIS CLASS	OPEN SWIM 3 lap lanes		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	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	5-545pm	SWIM LESSONS	5-545pm		5:45		
6:00		Aqua Boot Camp		Deep Water/ Water Aerobics		6:00		
6:15		545-645pm		530-630pm		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	6-730pm		6-730pm		7:00		
7:15			2 lap lanes			7:15		
7:30	OPEN SWIM	3 lap lanes	SWIM LESSONS	3 lap lanes		7:30		
7:45		OPEN SWIM		OPEN SWIM	7:45			
8:00			OPEN SWIM	YM- 6-8:45pm	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.**