

INDEPENDENT HEALTH FAMILY BRANCH YMCA
MAIN POOL-AQUATIC EXERCISE HOURS
 May 4 – June 28, 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Independent Exercise 7:00-8:45am Lanes 5-6*	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 7:00-8:00am Lane 6
Aqua Fit 9:00-10:00am Instructor: Jonah Lanes 4-6	Aqua Fit 9:00-10:00am Instructor: Daneen Lanes 3-6	Strength & Stretch 9:00-10:00am Instructor: Beth Lanes 4-6	Aqua Fit 9:00-10:00am Instructor: Daneen Lanes 3-6	Strength & Stretch 9:00-10:00am Instructor: Beth Lanes 4-6	Aqua Fit 9:00-10:00am Instructor: Daneen Lanes 3-6	Deep Water Core 8:00-9:00am Rotating Instructors Lane 5-6
Aqua Fit 10:00-11:00am Instructor: Jonah Lanes 4-6	Aqua Fit Low 10:00-11:00am Instructor: Beth Lanes 3-6	Aqua Fit 10:00-11:00am Instructor: Beth Lanes 4-6	Aqua Fit Low 10:00-11:00am Instructor: Daneen Lanes 3-6	Aqua Fit 10:00-11:00am Instructor: Beth Lanes 4-6	Aqua Fit Low 10:00-11:00am Instructor: Daneen Lanes 3-6	Independent Exercise 9:00-10:00am Lanes 5-6*
Independent Exercise 11:00am-5:45pm Lane 5-6*	Independent Exercise 11:00am-12:00pm Lane 6	Independent Exercise 11:00am-12:15pm Lane 6	Independent Exercise 11:00am-12:00pm Lane 6	Independent Exercise 11:00am-12:15pm Lane 6	Independent Exercise 11:00am-12:00pm Lane 6	Independent Exercise 10:00am-12:15pm Lane 6*
	AFAP Arthritis 12:00-12:45pm Instructor: Margerite Lanes 5-6	Aqua Zumba 12:30-1:20pm Instructor: Sara Lanes 3-6	AFAP Arthritis 12:00-12:45pm Instructor: Erin Lanes 5-6	Aqua Zumba 12:30-1:20pm Instructor: Sara Lanes 3-6	AFAP Arthritis 12:00-12:45pm Instructor: Erin Lanes 5-6	
	Aqua Fit Low 1:00-2:00pm Instructor: Gary Lanes 4-6	Aqua Fit 1:30-2:20pm Instructor: Sara Lanes 3-6	Aqua Fit Low 1:00-2:00pm Instructor: Erin Lanes 4-6	Aqua Fit 1:30-2:20pm Instructor: Sara Lanes 3-6	Aqua Fit Low 1:00-2:00pm Instructor: Gary Lanes 4-6	Independent Exercise 12:15-7:45pm Lanes 5-6*
	Independent Exercise 2:00-7:00pm Lanes 5-6*	Independent Exercise 2:30-6:00pm Lanes 5-6*	Independent Exercise 2:00-7:00pm Lanes 5-6*	Independent Exercise 2:30-6:00pm Lanes 5-6*	Independent Exercise 2:00-8:00pm Lanes 5-6*	
	Independent Exercise 7:00-8:00pm Lane 6	Aqua Fit 6:00-7:00pm Instructor: Rebecca Lanes 4-6	Independent Exercise 7:00-8:00pm Lane 6	Deep Water Core 6:00-7:00pm Instructor: Marguerite Lanes 4-6	Independent Exercise 8:00-8:45pm Lane 5-6*	
	Independent Exercise 8:00-9 :00pm Lanes 5-6*	Independent Exercise 7:00-8 :00pm Lane 6	Independent Exercise 8:00-9 :00pm Lanes 5-6*	Independent Exercise 7:00-8:00pm Lane 6		
		Independent Exercise 8:00-9:00pm Lanes 5-6*		Independent Exercise 8:00-9 :00pm Lanes 5-6*		
	Independent Exercise 9:00-9:45pm Lane 6	Independent Exercise 9:00-9:45pm Lane 6	Independent Exercise 9:00-9:45pm Lane 6	Independent Exercise 9:00-9:45pm Lane 6	Independent Exercise 9:00-9:45pm Lane 6	

- Independent Exercise, Family Swim, and Swim Lessons share space in the lanes at various times scheduled marked with an *.
- Schedule is subject to change.
- Prohibited use outside pool hours.

INDEPENDENT HEALTH FAMILY BRANCH YMCA
MAIN POOL-LAP SWIM HOURS
 May 4 – June 28, 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 7:00-8:45am Lanes 1-4	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 7:00-8:00am Lanes 1-5
Lap Swim 9:00-11:00am Lanes 2-3	Lap Swim 9:00-11:00am Lanes 1-2	Lap Swim 9:00-11:00am Lanes 1-3	Lap Swim 9:00-11:00am Lanes 1-2	Lap Swim 9:00-11:00am Lanes 1-3	Lap Swim 9:00-11:00am Lanes 1-2	Lap Swim 8:00-9:00am Lanes 1-3
Lap Swim 11:00am-1:45pm Lanes 3-4	Lap Swim 11:00am-12:00pm Lanes 1-5	Lap Swim 11:00am-12:15pm Lanes 1-5	Lap Swim 11:00am-12:00pm Lanes 1-5	Lap Swim 11:00am-12:15pm Lanes 1-5	Lap Swim 11:00am-12:00pm Lanes 3-5	Lap Swim 9:00am-10:00am Lanes 3-4
	Lap Swim 12:00-4:00pm Lanes 1-4	Lap Swim 12:30-2:30pm Lanes 1-2	Lap Swim 12:00-4:00pm Lanes 1-4	Lap Swim 12:30-2:30pm Lanes 1-2	Lap Swim 12:00-4:00pm Lanes 1-4	
	Lap Swim 4:00-5:15pm Lanes 2-4	Lap Swim 2:30-4:00pm Lanes 1-4	Lap Swim 4:00-5:15pm Lanes 2-4	Lap Swim 2:30-4:00pm Lanes 2-4	Lap Swim 4:00-6:00pm Lanes 2-4	Lap Swim 10:00am-12:15pm Lanes 4-5
	Lap Swim 5:15-6:00pm Lanes 3-4	Lap Swim 4:00-6:00pm Lanes 2-4	Lap Swim 5:15-6:00pm Lanes 3-4	Lap Swim 4:00-6:00pm Lanes 2-4		
Lap Swim 1:45-5:45pm Lanes 1-4	Lap Swim 6:00-7:00pm Lanes 3-4	Lap Swim 4:00-6:00pm Lanes 2-4	Lap Swim 6:00-7:00pm Lanes 3-4	Lap Swim 4:00-6:00pm Lanes 2-4	Lap Swim 6:00-8:00pm Lanes 1-4	Lap Swim 12:15-2:00pm Lanes 3-4
	Lap Swim 7:00-8:00pm Lanes 4-5	Lap Swim 6:00-7:00pm Lanes 1-3	Lap Swim 7:00-8:00pm Lanes 4-5	Lap Swim 6:00-7:00pm Lanes 1-3		
	Lap Swim 8:00-9:00pm Lanes 1-4	Lap Swim 7:00pm-8:00pm Lanes 4-5	Lap Swim 8:00-9:00pm Lanes 1-4	Lap Swim 7:00pm-8:00pm Lanes 4-5	Lap Swim 8:00-9:00pm Lanes 1-4	Lap Swim 2:00-7:45pm Lanes 1-4
	Lap Swim 9:00-9:45pm Lanes 1-5	Lap Swim 8:00-9:00pm Lanes 1-4	Lap Swim 9:00-9:45pm Lanes 1-5	Lap Swim 8:30-9:00pm Lanes 1-4	Lap Swim 9:00-9:45pm Lanes 1-5	
		Lap Swim 9:00-9:45pm Lanes 1-5		Lap Swim 9:00-9:45pm Lanes 1-5		

- Lap Swim is available for active members, first come first serve.
- Follow Lap Lane Etiquette, split or circle swim.
- Children must be able pass a swim test to swim laps.
- Safe Pool Rules available on deck and back of schedule.
- Schedule is subject to change.
- Prohibited use outside pool hours.

INDEPENDENT HEALTH FAMILY BRANCH YMCA
MAIN POOL-SWIM INSTRUCTION & FAMILY SWIM HOURS
 May 4 – June 28, 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Swim 7:00-8:45am Lanes 5-6*						Swim Lessons 9:00am-2:00pm Lanes 1-2 10:30am-12:15pm Lane 3 Registration Required
Swim Lessons 9:00am-1:45pm Lane 1 *Registration Required						
Swim Lessons 11:00am-1:00pm Lane 1-2 *Registration Required	Family Swim 2:00-5:45pm Lanes 5-6*	Family Swim 2:30-5:45pm Lanes 5-6*	Family Swim 2:00-5:45pm Lanes 5-6*	Family Swim 2:30-5:45pm Lanes 5-6*	Family Swim 2:00-5:45pm Lanes 5-6*	NO FAMILY SWIM 9:00am-12:15pm
	Swim Lessons 4:00-6:00pm Lane 1, 5-6* Registration Required	Swim Lessons 4:00-6:00pm Lane 1, 5-6* Registration Required	Swim Lessons 4:00-6:00pm Lane 1, 5-6* Registration Required	Swim Lessons 3:15-6:00pm Lane 1, 5-6* Registration Required	Swim Lessons 4:00-6:00pm Lane 1, 5-6* Registration Required	
	Swim Team Prep 6:00-6:45pm Lanes 1-2 Registration Required	Swim Lessons 6:00-7:00pm Lane 1 Registration Required	Swim Team Prep 6:00-6:45pm Lanes 1-2 Registration Required	Swim Lessons 6:00-7:00pm Lane 1 Registration Required	Family Swim 8:00-9:00pm Lanes 5-6*	Family Swim 12:15-7:45pm Lanes 5-6*
Family Swim 12:00pm-5:30pm Lanes 5-6*	Swim Team Conditioning 7:00-8:00pm Lanes 1-3 Registration Required	Swim Team Conditioning 7:00-8:00pm Lanes 1-3 Registration Required	Swim Team Conditioning 7:00-8:00pm Lanes 1-3 Registration Required	Swim Team Conditioning 7:00-8:00pm Lanes 1-3 Registration Required		
	Family Swim 8:00-9:00pm Lanes 5-6*	Family Swim 8:00-9:00pm Lanes 5-6*	Family Swim 8:00-9:00pm Lanes 5-6*	Swim Lessons 8:00-8:30pm Lanes 1 Registration Required Family Swim 8:30-9:00pm Lanes 5-6*		

- Family Swim is available for active family members, first come first serve. Limited sections during swim lessons.
- Independent Exercise, Family Swim, Swim Lessons share space in the lanes at various times scheduled marked with an *.
- Safe Pool Rules available on deck and back of schedule.
- Schedule is subject to change.
- Prohibited use outside pool hours.

INDEPENDENT HEALTH FAMILY BRANCH YMCA

ZERO DEPTH POOL HOURS

May 4 – June 28, 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div>Swim Lessons 9:00-10:30am Registration Required</div> <div>Pool Closed</div>	<div>Family Swim 9:00am-4:00pm</div>	<div>Independent Water Walking Adults 9:00-10:00am</div>	<div>Family Swim 9:00am-4:00pm</div>	<div>Independent Water Walking Adults 9:00-10:00am</div>	<div>Family Swim 9:00-10:00am Limited Sections</div> <div>Swim Lessons 9:00-9:30am 9:40-10:10am Registration Required</div>	<div>Swim Lessons 8:40am-12:00pm Registration Required</div> <div>Pool Closed</div>	
<div>Swim Lessons 10:30-11:45am Registration Required</div> <div>Family Swim 10:30am-11:45am Limited Sections</div>		<div>Family Swim 10:00am-4:00pm</div>		<div>Family Swim 10:00am-4:00pm</div>	<div>Family Swim 10:00am-4:00pm</div>		<div>Homeschool Swim Lessons 10:00am-12:00pm Registration Required</div> <div>Pool Closed</div>
<div>Birthday Party 12:00-1:00pm Registration Required</div> <div>Pool Closed</div>						<div>Swim Lessons 4:00-6:00pm Registration Required</div> <div>Family Swim 4:00-6:00pm Limited Sections</div> <div>Family Swim 6:00-8:00pm</div>	<div>Swim Lessons 4:00-6:00pm Registration Required</div> <div>Family Swim 4:00-6:00pm Limited Sections</div> <div>Family Swim 6:00-8:00pm</div>

- Family Swim is available for active family members, first come first serve. Limited sections during swim lessons.
- Pool is closed for independent use during Saturday Swim Lessons and Birthday Parties.
- Safe Pool Rules available on deck and back of schedule.
- Schedule is subject to change.
- Prohibited use outside pool hours.

SAFE POOLS HAVE RULES

- Swimming is permitted only when a YMCA Lifeguard is present on the pool deck.
- Prohibited use outside of pool hours.
- Circle swim when there are more than two swimmers in a lane.
- Anyone under the age of 18 must pass a swim test for areas more than chest deep.

Non-swimmers:

- Must have an adult (18 years or older) in the water with them.
- The adult must stay in shallow end and within arm's length

Swimmers:

- Children 0-11years of age must have an adult in the pool area.
- Children 12 years of age or older may swim independently if they pass a swim test.
- Proper attire is required.
- Only clean shoes are permitted.
- No shaving or personal grooming.
- Pollution of swimming pool prohibited. Urinating, discharge of fecal matter, expectorating, or blowing the nose is prohibited.
- No food or water bottles allowed.
- Be respectful of other members and follow all YMCA staff guidance.