



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 6:00–6:50am 7:00–7:45am 8:00–8:45am	Lap Swim 6:00–6:45am 7:00–7:45am 8:00–8:45am	Lap Swim 6:00–6:50am 7:00–7:45am 8:00–8:45am	Lap Swim 6:00–6:50am 7:00–7:45am 8:00–8:45am	Lap Swim 6:00–6:50am 7:00–7:45am 8:00–8:45am 9:00–9:45am 10:00–10:45am	Lap Swim 8:00–8:45am
Aqua Fit 9:00–9:45am 10:00–10:45am Janice	Aqua Fit 9:00–9:45am 10:00–10:45am Kathy	Aqua Fit 9:00–9:45am 10:00–10:45am Janice	Aqua Fit 9:00–9:45am 10:00–10:45am Kathy		
Strength & Stretch 11:00am–11:45pm 12:00–12:45pm Sandy	Lap Swim —Lane 1 Water Ball —Lanes 2-4 11:00–11:45am	Aquatic Arthritis 11:00am–11:45am Strength & Stretch 12:00pm–12:45pm Sandy	Lap Swim —Lane 1 Water Ball —Lanes 2-4 11:00–11:45am	Strength & Stretch 11:00am–11:45pm 12:00–12:45pm Sandy	Aqua Cycle 9:00–9:45am Rebecca 10:00–10:45am Melissa
Lap Swim -Lanes 1-2 Open Swim -Lanes 3-4 1:00-1:45pm 2:00-2:45pm 3:00-3:45pm 4:00-4:45pm	Lap Swim —Lanes 1-2 Open Swim —Lane 3-4 12:00–12:45pm	Lap Swim -Lanes 1-2 Open Swim -Lanes 3-4 1:00-1:45pm 2:00-2:45pm 3:00-3:45pm 4:00-4:45pm 5:00-6:15pm	Lap Swim —Lanes 1-2 Open Swim —Lane 3-4 12:00–12:45pm	Lap Swim -Lanes 1-2 Open Swim -Lanes 3-4 1:00-1:45pm 2:00-2:45pm 3:00-3:45pm 4:00-4:45pm	Lap Swim -Lns 1-2 Open/Fam. Swim -Lns 3-4 *11:00–11:45am 12:00–12:45pm
Lap Swim —Lanes 1-2 Open Swim —Lane 3 Swim Lessons —Lane 4 5:00–6:15pm Swim Lessons —Deep End 6:30–7:00pm	Lap Swim —Lanes 1-2 Open Swim —Lanes 3-4 4:00–4:45pm		Lap Swim —Lanes 1-2 Open Swim —Lane 3-4 4:00–4:45pm		
Aqua Cycle 6:30–7:15pm Rebecca	Aqua Fit 5:00–5:45pm Cyd	Aqua Cycle 6:30–7:15pm Rebecca	Aqua Fit 5:00–5:45pm Cyd	Lap Swim —Lanes 1-2 Swim Lessons - Lanes 3-4 5:00–7:00pm	*Please call ahead to confirm pool availability. Birthday parties may be scheduled for 11:00am–12:00pm
Lap Swim -Lanes 1-2 Open/Fam. Swim -Lanes 3-4 7:15–7:45pm	Deep Water Core 6:00-6:45pm Melissa Lap Swim —Lanes 1-2 Swim Lessons —Lanes 3-4 6:15–7:35pm	Lap Swim -Lanes 1-2 Open Swim -Lanes 3-4 7:15–7:45pm	Lap Swim —Lanes 1-2 Swim Lessons —Lanes 3-4 6:00–7:45pm	Lap Swim -Lanes 1-2 Open Swim -Lanes 3-4 7:00–7:45PM	

SAFE POOLS HAVE RULES

- Swimming is permitted only when a YMCA Lifeguard is present on the pool deck.
- Please shower before entering the pool.
- 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 the shallow end and within arm's length.
- Swimmers:
 - Children 0-11 years 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 pools is 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.