



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

# 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.