

# MAIN POOL



F E B R U A R Y 2 0 2 5

## MON TUES WED THUR FRI SAT SUN

**7am-11:45am**  
**Open Swim**  
 Lap Lanes Open  
 Pirate Ship Closed  
 Safety break @ 8:45pm  
**12pm-1pm**  
 Pirate Ship Open  
 Lap Lanes Closed

**1pm-4:30pm**  
**MAINTENANCE**

**4:30pm-5:45pm**  
**Open Swim**  
 Pirate Ship Open  
 Lap Lanes Closed

**6pm-7pm**  
**Water Fitness**  
 Participants only

**7pm-8pm**  
**Open Swim**  
 Lap Lanes Open  
 Pirate Ship Closed

**7am-8:45am**  
**Open Swim**  
 Lap Lanes Open  
 Pirate Ship Closed

**8am-10am**  
**Water Fitness**  
 1st class: 8am-8:45am  
 2nd class: 9am-10am

**10am-12pm**  
**Open Swim**  
 Pirate Ship Closed  
 Lap Lanes Open  
 Safety break @ 11:45pm

**12pm-1pm**  
**Open Swim**  
 Pirate Ship Open  
 Lap Lanes Closed

**1pm-4:30pm**  
**MAINTENANCE**

**4:30pm-5:45pm**  
**Open Swim**  
 Pirate Ship Open  
 Lap Lanes Closed

**6pm-7pm**  
**Swim Lessons**  
 CLOSED

**7:05pm-8pm**  
**Open Swim**

**7am-11:45pm**  
**Open Swim**  
 Lap Lanes Open  
 Pirate Ship Closed  
 Safety break @ 8:45pm

**12pm-1pm**  
 Pirate Ship Open  
 Lap Lanes Closed

**1pm-4:30pm**  
**MAINTENANCE**

**4:30pm-5:45pm**  
**Open Swim**  
 Pirate Ship Open  
 Lap Lanes Closed

**6pm-7pm**  
**POWERSwim**  
 Participants only  
 Lap Lanes Area

**6pm-8pm**  
**Open Swim**  
 Lap Lanes Closed during  
 POWERSwim  
 Pirate Ship Closed

**7am-8:45am**  
**Open Swim**  
 Lap Lanes Open  
 Pirate Ship Closed

**8am-10am**  
**Water Fitness**  
 1st class: 8am-8:45am  
 2nd class: 9am-10am

**10am-12pm**  
**Open Swim**  
 Pirate Ship Closed  
 Lap Lanes Open  
 Safety break @ 11:45pm

**12pm-1pm**  
**Open Swim**  
 Pirate Ship Open  
 Lap Lanes Closed

**1pm-4:30pm**  
**MAINTENANCE**

**4:30pm-5:45pm**  
**Open Swim**  
 Pirate Ship Open  
 Lap Lanes Closed

**6pm-7pm**  
**Swim Lessons**  
 CLOSED

**7:05pm-8pm**  
**Open Swim**

**7am-7:45am**  
**Open Swim**  
 Lap Lanes Open  
 Pirate Ship Closed

**8am-8:45am**  
**Water Fitness**  
 Participants only

**9am-10am**  
**Swim Lessons**  
 Participants //  
 Limited Features

**10:00am-4:45pm**  
**Open Swim**  
 Pirate Ship 10am-1pm  
 All Features 1pm-4:45pm

**5pm-5:45pm**  
**Swim Lessons**  
 Participants //  
 Limited Features

**6pm-8pm**  
**Open Swim**  
 Pirate Ship Open

**8am-8:45am**  
**Open Swim**  
 Lap Lanes Open

**9am-10:20am**  
**Open Swim**  
 Lap Lanes Open

**10:20am-11am**  
**Swim Lessons**  
 CLOSED

**11am-3:30pm**  
**Open Swim**  
 All Features //  
 No Lap Lanes  
 Safety breaks @  
 11:45am & 1:45pm

**12pm-3:30pm**  
**Open Swim**  
 All Features //  
 No Lap Lanes  
 Safety break @ 1:45pm

### Safety Breaks

\*Scheduled 15-min safety breaks will occur

**8:45am**      **3:45pm**  
**11:45am**    **5:45pm**  
**1:45pm**

### Pool GroupEx

**Mondays -**    Water Fitness @ 6pm      with Monika [Main Pool]

**Tues/Thurs -**    Water Fitness @ 8am & 9am      with Bobbi [Main Pool]

**Wednesdays -**    Aqua Tone @ 11am      with Janique [Therapy Pool]  
                                  PowerSwim @ 6pm      with Josh [Lap Lanes]  
                                  Aqua Zumba @ 6pm      with Janessa [Therapy Pool]

**Fridays -**      Water Fitness @ 8am      with Janique [Main Pool]

**Please note:** Schedule is subject to change; YMCA Lifeguards/Staff may change the schedule dependent on facility usage and staffing. Daily scheduled safety breaks.

# THE THERAPY POOL

## FEBRUARY 2025



**MON**

**TUES**

**WED**

**THUR**

**FRI**

**SAT**

**SUN**

**7am-1pm  
Adult Swim**  
Safety breaks @ 8:45am  
& 11:45am  
**1pm-2:30pm  
Parkview Medical  
Rehabilitation**  
CLOSED

**2:30pm-4:30pm  
MAINTENANCE**

**4:30pm-8pm  
Adult Swim**  
Safety break @ 5:45pm

**7am-9:45am  
Adult Swim**  
Safety break @ 8:45am  
**9:45am-11:15am  
Parkview Medical  
Rehabilitation**  
CLOSED  
**11:15am-1pm  
Adult Swim**  
Safety break @ 11:45am

**1pm-4:30pm  
MAINTENANCE**

**4:30pm-5:45pm  
Swim Lessons**  
CLOSED  
**6pm-8pm  
Adult Swim**

**7am-10:45am  
Adult Swim**  
Safety break @ 8:45am  
**11am-11:45am  
Aqua Tone**  
PARTICIPANTS ONLY  
**12:00pm-1pm  
Adult Swim**  
**1pm-2:30pm  
Parkview Medical  
Rehabilitation**  
CLOSED

**2:30pm-4:30pm  
MAINTENANCE**

**4:30pm-5:45pm  
Adult Swim**  
**6pm-7pm  
Aqua Zumba**  
PARTICIPANTS ONLY  
**7:05pm-8pm  
Adult Swim**

**7am-9:45am  
Adult Swim**  
Safety break @ 8:45am  
**9:45am-11:15am  
Parkview Medical  
Rehabilitation**  
CLOSED  
**11:15am-1pm  
Adult Swim**  
Safety break @ 11:45am

**1pm-4:30pm  
MAINTENANCE**

**4:30pm-5:45pm  
Swim Lessons**  
CLOSED  
**6pm-8pm  
Adult Swim**

**7am-8pm  
Adult Swim**  
Safety breaks @ 8:45am,  
11:45am, 1:45pm, 3:45pm,  
5:45pm  
**5pm-8pm  
Toddlers  
Welcome**  
AGES 5 & UNDER W/  
A GUARDIAN  
Safety break @ 5:45pm

**8am-8:45am  
Adult Swim**  
**9am-10:10am  
Swim Lessons**  
CLOSED  
**10:15am-3:30pm  
Adult Swim**  
Safety breaks @ 11:45am  
& 1:45pm

**12pm-3:30pm  
Adult Swim**  
Safety break @ 1:45pm

**Safety Breaks**  
\*Scheduled 15-min safety breaks will occur daily.

<b>8:45am</b>	<b>3:45pm</b>
<b>11:45am</b>	<b>5:45pm</b>
<b>1:45pm</b>	