



# MAIN POOL SCHEDULE

\*Scheduled 15-min safety breaks will occur periodically throughout each day.

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>7am-12pm</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>7am-8:25am</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>7am-12pm</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>7am-8:25am</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>7am-7:55am</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>8am-10:15am</b> <b>Open Swim</b> Lap Lanes Open	<b>12pm-3:30pm</b> All Features // No Lap Lanes
<b>12pm-1pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed	<b>8am-10am</b> <b>Water Fitness</b> 1st class: 8am-9am 2nd class: 9am-10am	<b>12pm-1pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed	<b>8am-10am</b> <b>Water Fitness</b> 1st class: 8am-9am 2nd class: 9am-10am	<b>8am-9am</b> <b>Swim Lessons</b> CLOSED	<b>10:20am-11am</b> <b>Swim Lessons</b> CLOSED	
<b>1pm-4:30pm</b> <b>MAINTENANCE</b>	<b>10am-12pm</b> <b>Open Swim</b> Pirate Ship Closed Lap Lanes Open	<b>1pm-4:30pm</b> <b>MAINTENANCE</b>	<b>10am-12pm</b> <b>Open Swim</b> Pirate Ship Closed Lap Lanes Open	<b>8:30am-9:30am</b> <b>Water Fitness</b> Participants Only, Swim Lessons end @ 9am	<b>11am-3:30pm</b> <b>Open Swim</b> All Features // No Lap Lanes	
<b>4:30pm-5:25pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed	<b>12pm-1pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed	<b>4:30pm-5:55pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed	<b>12pm-1pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed	<b>9:30am-4:45pm</b> <b>Open Swim</b> Pirate Ship 9:30am-1pm All Features 1pm-4:45pm		
	<b>1pm-4:30pm</b> <b>MAINTENANCE</b>	<b>6pm-7pm</b> <b>POWERSwim</b> Participants only Lap Lanes Area	<b>1pm-4:30pm</b> <b>MAINTENANCE</b>	<b>5pm-6pm</b> <b>Swim Lessons</b> Participants // Limited Features		
<b>6pm-7pm</b> <b>Water Fitness</b> Participants only	<b>4:30pm-5:45pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed	<b>6pm-7pm</b> <b>Water Fitness</b> Participants only	<b>4:30pm-5:45pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed	<b>6:05pm-8pm</b> <b>Open Swim</b> Pirate Ship Open		
<b>7pm-8pm</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>5:50pm-7pm</b> <b>Swim Lessons</b> CLOSED	<b>7pm-8pm</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>5:50pm-7pm</b> <b>Swim Lessons</b> CLOSED			
	<b>7:05pm-8pm</b> <b>Open Swim</b>		<b>7:05pm-8pm</b> <b>Open Swim</b>			



# DEC 2024

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

## Pool GroupEx

- Mon/Wed - Water Fitness @ 6pm with Monika [Main Pool]
- Tue/Thu - Water Fitness @ 8am-9am & 9am-10am 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]



# THERAPY POOL

## SCHEDULE

MON	TUES	WED	THUR	FRI	SAT	SUN
7am-1pm Adult Swim	7am-9:45am Adult Swim	7am-10:45am Adult Swim	7am-9:45am Adult Swim	7am-8pm Adult Swim	8am-8:55am Adult Swim	12pm-3:30pm Adult Swim
1pm-2:30pm Parkview Medical Rehabilitation CLOSED	9:45am-11:15am Parkview Medical Rehabilitation CLOSED	11am-11:45am Aqua Tone PARTICIPANTS ONLY	9:45am-11:15am Parkview Medical Rehabilitation CLOSED		9am-10:10am Swim Lessons CLOSED	
	11:15am-1pm Adult Swim	11:50am-1pm Adult Swim			10:15am-3:30pm Adult Swim	
2:30pm-4:30pm MAINTENANCE	1pm-4:30pm MAINTENANCE	2:30pm-4:30pm MAINTENANCE	1pm-4:30pm MAINTENANCE			
	4:30pm-5:45pm Swim Lessons CLOSED	1pm-2:30pm Parkview Medical Rehabilitation CLOSED				
4:30pm-8pm Adult Swim	5:50pm-8pm Adult Swim	4:30pm-5:55pm Adult Swim	4:30pm-5:45pm Swim Lessons CLOSED			
		6pm-7pm Aqua Zumba PARTICIPANTS ONLY				
		7:05pm-8pm Adult Swim				
						5pm-8pm Toddlers Welcome AGES 5 & UNDER W/ A GUARDIAN



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