



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

LAP SWIMMING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM-12:15PM Lap Swim	5:15AM-12:15PM Lap Swim	5:15AM-12:15PM Lap Swim	5:15AM-12:15PM Lap Swim	5:15AM-12:15PM Lap Swim	8:15AM-2:15PM Lap Swim
1:45PM-2:45PM Lap Swim	1:45PM-2:45PM Lap Swim	1:45PM-2:45PM Lap Swim	1:45PM-2:45PM Lap Swim	1:45PM-2:45PM Lap Swim	

WATER WALKING/JOGGING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM-8:00AM Water Jogging/Walking	7:00AM-8:00AM Water Jogging/Walking	7:00AM-8:00AM Water Jogging/Walking	7:00AM-8:00AM Water Jogging/Walking	7:00AM-8:00AM Water Jogging/Walking	8:30AM-1:15PM Water Jogging/Walking
10:45AM-2:15PM Water Jogging/Walking	10:45AM-2:15PM Water Jogging/Walking	10:45AM-2:15PM Water Jogging/Walking	10:45AM-2:15PM Water Jogging/Walking	10:45AM-2:15PM Water Jogging/Walking	

WATER AEROBICS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15AM-9:00AM Shallow Water w/ Shirley	8:15AM-9:00AM Shallow Water w/ Angela	8:15AM-9:00AM Shallow Water w/ Shirley	8:15AM-9:00AM Shallow Water w/ Angela	8:15AM-9:00AM Shallow Water w/ Shirley	
9:30AM-10:15AM Shallow Water w/ Shirley		9:30AM-10:15AM Shallow Water w/ Shirley		9:30AM-10:15AM Shallow Water w/ Shirley	

RESERVATION REQUIRED

Reservation is required to access our pools. You can reserve a space on our [website](#) or [mobile app](#).

BEFORE YOU VISIT, PLEASE REMEMBER TO:

- Reserve a lane one hour prior to coming to the YMCA using our [website](#) or [mobile app](#)
- Arrive 15 min. early to allow time for screening
- Arrive swim ready. Our locker rooms will not be open for changing/shower during phase 2
- Bring your own water and equipment (kickboards, buoys, jogging belts, hand paddles). The Y will not have equipment available for members to use at this time. Water fountains will be bottle fill only.