



MAIN POOL SCHEDULE

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

MON	TUES	WED	THUR	FRI	SAT	SUN
7am-11am Open Swim Lap Lanes Open	7am-8:30am Open Swim Lap Lanes Open	7am-11am Open Swim Lap Lanes Open	7am-8:30am Open Swim Lap Lanes Open	7am-8am Open Swim Lap Lanes Open	8am-10:20am Open Swim Lap Lanes Open	12pm-3:30pm Open Swim All Features // No Lap Lanes
11am-1:30pm Open Swim Pirate Ship Open Lap Lanes pending guards	8:30am-9:30am Water Fitness Participants, Lap Swim & Y Programming Only	11am-1:30pm Open Swim Pirate Ship Open Lap Lanes pending guards	8:30am-9:30am Water Fitness Participants, Lap Swim & Y Programming Only	8am-9am Swim Lessons Participants Only, Lap Lanes pending guards	10:20am-11am Swim Lessons Participants Only	
1:30pm-4:30pm MAINTENANCE	9:30am-10:30am Water Fitness Participants, Lap Swim & Y Programming Only	1:30pm-4:30pm MAINTENANCE	9:30am-10:30am Water Fitness Participants, Lap Swim & Y Programming Only	8:30am-9:30am Water Fitness Participants Only, Swim Lessons end @ 9am	11am-4:30pm Open Swim All Features // No Lap Lanes	
4:30pm-5:30pm Open Swim Pirate Ship Open	10:30am-1:30pm Open Swim Lap Lanes 10:30am-11:30am Pirate Ship 11:30am-1:30pm	4:30pm-5:30pm Safety Around Water & Open Swim FREE Swim Lessons for registered participants	10:30am-1:30pm Open Swim Lap Lanes 10:30am-11:30am Pirate Ship 11:30am-1:30pm	9:30am-4:30pm Open Swim Pirate Ship 9:30am-1pm All Features 1pm-4:30pm		
5:30pm-6:30pm Water Fitness Participants, Lap Swim & Y Programming Only	1:30pm-4:30pm CLOSED	5:30pm-6:30pm PowerSwim Participants Only [Lap Lanes]	1:30pm-4:30pm CLOSED	4:30pm-6pm Open Swim Limited features during SAW & Swim Lessons		
6:30pm-7:30pm Open Swim Lap Lanes Open	4:30pm-5:45pm Open Swim Pirate Ship Open	5:30pm-6:30pm Water Fitness Participants & PowerSwim; SAW Swim Lessons end @ 6pm	4:30pm-5:45pm Open Swim Pirate Ship Open	4:30pm-6pm Safety Around Water FREE Swim Lessons for registered participants		
	5:50pm-7pm Swim Lessons Participants Only	6:30pm-7:30pm Open Swim Lap Lanes Open	5:50pm-7pm Swim Lessons Participants Only	5pm-6pm Swim Lessons Participants // Limited Features		
	7pm-7:30pm Open Swim		7pm-7:30pm Open Swim	6pm-7:30pm Open Swim Pirate Ship Open		



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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 @ 5:30pm with Christine [Main Pool]
- Wed - Aqua Tone @ 11am with Janique [Lap Lanes]
- PowerSwim @ 5:30pm with Josh [Lap Lanes]
- Aqua Zumba @ 6pm with Janessa [Therapy Pool]
- Tue/Thu - Water Fitness @ 8:30am
- Water Fitness @ 9:30am with Bobbi [Main Pool]
- Fridays - Water Fitness @ 8:30am with Janique [Main Pool]



THERAPY POOL

SCHEDULE

MON	TUES	WED	THUR	FRI	SAT	SUN
7am-1pm Adult Swim	7am-9:30am Adult Swim	7am-11am Adult Swim	7am-9:30am Adult Swim	7am-7:30pm Adult Swim	8am-9am Adult Swim	12pm-3:30pm Adult Swim
	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-1:30pm Adult Swim	11:50am-12:50pm Adult Swim	11:15am-1:30pm Adult Swim		10:10am-4:30pm Adult Swim	
1pm-2:30pm Parkview Medical Rehabilitation CLOSED	1:30pm-4:30pm MAINTENANCE	1pm-2:30pm Parkview Medical Rehabilitation CLOSED	1:30pm-4:30pm MAINTENANCE			
2:30pm-4:30pm CLOSED	4:30pm-5:45pm Swim Lessons CLOSED	2:30pm-4:30pm CLOSED				
4:30pm-7:30pm Adult Swim	6pm-7:30pm Adult Swim	4:30pm-5:55pm Adult Swim	4:30pm-5:45pm Swim Lessons CLOSED			
		6pm-7pm Aqua Zumba PARTICIPANTS ONLY	6pm-7:30pm Adult Swim			
		7pm-7:30pm Adult Swim				



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