



MAIN POOL SCHEDULE

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

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|---|--|---|--|---|---|---|
| 7am-11:30am Open Swim Lap Lanes Open Pirate Ship Closed | 7am-8:30am Open Swim Lap Lanes Open Pirate Ship Closed | 7am-11:30am Open Swim Lap Lanes Open Pirate Ship Closed | 7am-8:30am Open Swim Lap Lanes Open Pirate Ship Closed | 7am-8am Open Swim Lap Lanes Open Pirate Ship Closed | 8am-10:20am Open Swim Lap Lanes Open | 12pm-3:30pm Open Swim All Features // No Lap Lanes |
| | 8:30am-10:30am Water Fitness 1st class: 8:30am-9:30am 2nd class: 9:30am-10:30am | 11:30am-1:30pm Open Swim Pirate Ship Open Lap Lanes Closed | 8:30am-10:30am Water Fitness 1st class: 8:30am-9:30am 2nd class: 9:30am-10:30am | 8am-9am Swim Lessons Participants Only, Lap Lanes pending guards | 10:20am-11am Swim Lessons Participants Only | |
| 11:30am-1:30pm Open Swim Pirate Ship Open Lap Lanes Closed | 10:30am-11:30am Open Swim Lap Lanes Open Pirate Ship Closed | 1:30pm-4:30pm MAINTENANCE | 10:30am-11:30am Open Swim Lap Lanes Open Pirate Ship Closed | 8:30am-9:30am Water Fitness Participants Only, Swim Lessons end @ 9am | 11am-4:30pm Open Swim All Features // No Lap Lanes | |
| 1:30pm-4:30pm MAINTENANCE | 11:30am-1:30pm Open Swim Pirate Ship Open Lap Lanes Closed | | 11:30am-1:30pm Open Swim Pirate Ship Open Lap Lanes Closed | 9:30am-4:45pm Open Swim Pirate Ship 9:30am-1pm All Features 1pm-4:45pm | | |
| | 1:30pm-4:30pm CLOSED | 4:30pm-5:30pm Open Swim Pirate Ship Open Lap Lanes Closed | 1:30pm-4:30pm CLOSED | | | |
| 4:30pm-6:30pm Open Swim Pirate Ship Open Lap Lanes Closed | 4:30pm-5:45pm Open Swim Pirate Ship Open Lap Lanes Closed | 5:30pm-6:30pm PowerSwim Participants [Lap Lanes] Open Swim Available | 4:30pm-5:45pm Open Swim Pirate Ship Open Lap Lanes Closed | 5pm-6pm Swim Lessons Participants // Limited Features | | |
| | 5:50pm-7pm Swim Lessons Participants Only | 6:30pm-7:30pm Open Swim Lap Lanes Open Pirate Ship Closed | 5:50pm-7pm Swim Lessons Participants Only | 6pm-7:30pm Open Swim Pirate Ship Open | | |
| 6:30pm-7:30pm Open Swim Lap Lanes Open Pirate Ship Closed | 7pm-7:30pm Open Swim | | 7pm-7:30pm Open Swim | | | |



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Pool GroupEx

Tue/Thu - Water Fitness @
8:30am-9:30am & 9:30am-10:30am
with Bobbi [Main Pool]

Wednesdays - Aqua Tone @ 11am
with Janique [Therapy Pool]

PowerSwim @ 5:30pm
with Josh [Lap Lanes]

Aqua Zumba @ 6pm
with Janessa [Therapy Pool]

Fridays - Water Fitness @ 8:30am
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.



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 | 5pm-7:30pm Toddlers Welcome AGES 5 & UNDER W/ A GUARDIAN | | |
| | | 6pm-7pm Aqua Zumba PARTICIPANTS ONLY | 6pm-7:30pm Adult Swim | | | |
| | | 7pm-7:30pm Adult Swim | | | | |



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