



MAIN POOL SCHEDULE



JAN
2022

| MON | TUES | WED | THUR | FRI | SAT |
|--|---|--|---|---|---|
| 7am-1pm Open Swim | 7am-8:30am Open Swim | 7am-1pm Open Swim | 7am-8:30am Open Swim | 7am-8:30am Open Swim Lap Lanes Open | 8am-10:20am Open Swim Lap Lanes Open |
| | *8:30am-9:30am Water Fitness Participants & Lap Swim Only | | *8:30am-9:30am Water Fitness Participants & Lap Swim Only | *8:30am-9:30am Water Fitness Participants & Lap Swim Only | 10:20am-10:50am Swim Lessons CLOSED |
| | 9:30am-1pm Open Swim | | 9:30am-1pm Open Swim | 9:30am-11am Open Swim Lap Lanes Open | 11am-4:30pm Open Swim Slides & Pirate Ship Open |
| | | | | 11am-1pm Open Swim Slides & Pirate Ship Open | |
| 4pm-5:30pm Open Swim | 4pm-5:50pm Open Swim | 4pm-5:30pm Open Swim | 4pm-5:50pm Open Swim | 4pm-7:30pm Open Swim Slides & Pirate Ship Open | |
| *5:30pm-6:30pm Water Fitness Participants & Lap Lanes Only | 5:50pm-7pm Swim Lessons CLOSED | *5:30pm-6:30pm Water Fitness Participants & Lap Lanes Only | 5:50pm-7pm Swim Lessons CLOSED | | |
| 6:30pm-7:30pm Open Swim | 7pm-7:30pm Open Swim | 6:30pm-7:30pm Open Swim | 7pm-7:30pm Open Swim | | |

Pool GroupEx 

Mon/Wed - Water Fitness @ 5:30pm
with Christine [Main Pool]

Tue/Th - Water Fitness @ 8:30am
with Bobbi [Main Pool]

Fridays - Water Fitness @ 8:30am
with Michele [Main Pool]

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



THERAPY POOL

SCHEDULE

| MON | TUES | WED | THUR | FRI | SAT |
|--------------------------|--|--------------------------|--|--------------------------|---------------------------------------|
| 7am-1pm Adult Swim | 7am-9:30am Adult Swim | 7am-1pm Adult Swim | 7am-9:30am Adult Swim | 7am-1pm Adult Swim | 8am-9am Adult Swim |
| | 9:30am-11:15am Parkview Medical Rehabilitation CLOSED | | 9:30am-11:15am Parkview Medical Rehabilitation CLOSED | | 9am-10:10am Swim Lessons CLOSED |
| | 11:15am-1pm Adult Swim | | 11:15am-1pm Adult Swim | | 10:10am-4:30pm Adult Swim |
| 4pm-7:30pm Adult Swim | 4pm-4:30pm Adult Swim | 4pm-7:30pm Adult Swim | 4pm-4:30pm Adult Swim | 4pm-7:30pm Adult Swim | |
| | 4:30pm-5:40pm Swim Lessons CLOSED | | 4:30pm-5:40pm Swim Lessons CLOSED | | |
| | 5:40pm-7:30pm Adult Swim | | 5:40pm-7:30pm Adult Swim | | |



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