



MAIN POOL SCHEDULE



NOV
2022

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|-----------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------|
| 7am-1pm Open Swim Lap Lanes Open | 7am-8:30am Open Swim Lap Lanes Open | 7am-1pm Open Swim Lap Lanes Open | 7am-8:30am Open Swim Lap Lanes Open | 7am-8:30am Open Swim Lap Lanes Open | 8am-10:20am Open Swim Lap Lanes Open | 12pm-3:30pm Open Swim All Features // No Lap Lanes |
| | 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-11am Swim Lessons CLOSED | |
| | 9:30am-1pm Open Swim Pirate Ship Open | | 9:30am-1pm Open Swim Pirate Ship Open | 9:30am-7:30pm Open Swim All Features // No Lap Lanes | 11am-4:30pm Open Swim All Features // No Lap Lanes | |
| 4pm-5:30pm Open Swim | 4pm-5:45pm Open Swim Pirate Ship Open | 4pm-5:30pm Open Swim | 4pm-5:45pm Open Swim Pirate Ship Open | | | |
| 5:30pm-6:30pm Water Fitness Participants & Lap Lanes Only | 5:50pm-7pm Swim Lessons CLOSED | 5:30pm-6:30pm PowerSwim Participants Only [Lap Lanes] 5:30pm-6:30pm Water Fitness Participants Only [River Walking] | 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 | | | |

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

Pool GroupEx

- Mon/Wed - Water Fitness @ 5:30pm with Christine [Main Pool]
- Wed - PowerSwim @ 5:30pm with Josh [Lap Lanes]
- Tue/Th - Water Fitness @ 8:30am with Bobbi [Main 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-1pm Adult Swim | 7am-9:30am Adult Swim | 7am-7:30pm Adult Swim | 8am-9am Adult Swim | 12pm-3:30pm 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 | | | |
| | 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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