

POOL SCHEDULE

DOWNTOWN YMCA

Pool Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January 7 to March 2, 2019	5:30-9am Lap Swim	5:30-9am Lap Swim	5:30-9am Lap Swim	5:30-9:00 Lap Swim	5:30-9am Lap Swim		
Schedule is subject to change	9 to 10 am Water Fitness	9 to 11:30am Open Swim	9 to 10am Water Fitness	9 to 11:30am Open Swim	9 to 10am Water Fitness	9:30 to 12pm Swim Lessons	
Please check with Lifeguard to see if a lap lane is available during swim lessons						12 to 1pm Open swim	11:30 to 1:30pm Open Swim
Deep Water Swim Test	10 to 11:30am Open Swim		10 to 11:30am Open Swim		10 to 11:30am Open Swim		
Swimmers under the age of 18 must complete and pass a deep water swim test to use the deep end of the pool. Once swimmers have successfully completed the test, they are required to get a GREEN wristband before entering the pool	11:30-1pm Lap Swim	11:30-1pm Lap Swim	11:30 to 1pm Lap Swim	11:30 to 1pm Lap Swim	11:30 to 1pm Lap swim		
Lane Swimming	1-4:30pm Open Swim	1-4pm Open Swim	1 - 4:30pm Open Swim	1 - 4pm Open Swim	1-4:30pm Open Swim		
If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.	4:30-6pm Lap Swim	4 - 5:30pm Lap Swim	4:30-6pm Lap Swim	4-5:30pm Lap Swim	4:30 to 6pm Lap Swim		
	6 to 7:10pm Swim Lessons	5:30 – 6:30pm Water Fitness	6-8:00pm Open Swim	5:30 – 6:30pm Water Fitness			
	7:10-8:00 Open Swim	6:30 to 8pm Open Swim		6:30 to 8pm Open Swim	6:00-8:00 Open Swim		
Friday night							
The pool will be used by the Housing authority some Friday Nights. Check for availability.							