



THE THERAPY POOL SCHEDULE

#ExerciseIsTimeManagement

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim 5a-8a	Open Swim 5a-8a	Open Swim 5a-8a	Open Swim 5a-8a			
Deep Water (small pool) Henri 8a-8:45a	Water Fitness Jane 8a-8:45a	Deep Water (small pool) Henri 8a-8:45a	Water Fitness Jane 8a-8:45a	Open Swim 5a-9a	Open Swim 7a-5:45pm	Open Swim 1p-2p
Water Fitness Henri 9a-9:45a	Deep Water (small pool) Regina 8a-8:45a	Water Fitness Henri 9a-9:45a	Deep Water (small pool) Regina 8a-8:45a	Water Fitness Henri 9a-9:45a	Swim Lessons 9a-11:10a	Water Fitness Jane 2p-2:45p
Open Swim 9:45a-11a	Open Swim 9:45a-2p	Open Swim 9:45a-11a	Open Swim 9:45a-2p	Open Swim 9:45-11a	<p>Pool Closings: Follow Us on Facebook @ Middle Tyger Family YMCA</p> <p>Weather Closings: Check WYFF News Channel 4</p> <p>Be Part of our Family!!!</p> <p>*Register for Water Exercise Classes</p> <p>*Register for Swim Lessons online (spartanburgymca.org) or Contact the Front Desk</p>	
Recovery Henri 11a-11:45a	Adult Swim Lessons 10a-10:45a	Recovery Henri 11a-11:45a	Adult Swim Lessons 10a-10:45a	Recovery Henri 11a-11:45a		
Open Swim 11:45a-2p	YSL Practice 3:30p-5:40p	Open Swim 11:45a-2p	YSL Practice 3:30p-5:40p	Open Swim 11:45-2p		
YSL Practice 3:30p-6:30p	Water Fitness Cindy 5:45p-6:30p	YSL Practice 4:15p-5p	Water Fitness Cindy 5:45p-6:30p	After-School 4p-5p		
Swim Lessons 5p-7:40p		Swim Lessons 5p-7:40p				
Open Swim 7p-8:45p	Open Swim 6:30p-8:45p	Open Swim 7p-8:45p	Open Swim 6:30p-8:45p	Open Swim 3pm-7:45pm		

*Note in the event of thunder or lightning, the pool will be **closed for 30 minutes** from the last lightning strike or thunder heard. Please call the Y if you are unsure of closure.

*Water Exercise Classes have a limit of 20 people. Registration is open 3 days before class. Register online at spartanburgymca.org, click on Programs, then search for the classes you want or contact the front desk.

*Walk-A-Mile will be offered twice a month, alternating Tuesdays and Thursdays.

Water Fitness Classes Resume January 5th, 2021



LAP POOL SCHEDULE

#ExerciseIsTimeManagement

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Team Practice 5a-7a	Swim Team Practice 5a-7a	Swim Team Practice 5a-7a	Swim Team Practice 5a-7a	Swim Team Practice 5a-7a	Swim Team Practice 7a-1p	
Triathlon Training Peter 6a-8a	Open Swim Limited Lanes 5a-7a	Open Swim Limited Lanes 5a-7a	Open Swim Limited Lanes 5a-7a	Open Swim Limited Lanes 5a-7a	Open Swim Limited Lanes 7a-1p	Swim Team Practice 1p-3p
Open Swim Limited Lanes 5a-7a	Open Swim ALL Lanes 7a-4p	Open Swim ALL Lanes 7a-4p	Open Swim ALL Lanes 7a-4p	Open Swim ALL Lanes 7a-4p	Open Swim ALL Lanes 1p-5:45p	Open Swim 1p-5:45p
Open Swim ALL Lanes 7a-4p	Deep Water Regina 10a-10:45a	Deep Water Henri 10a-10:45a	Deep Water Regina 10a-10:45a	Deep Water Henri 10a-10:45a		
Deep Water Henri 10a-10:45a	Open Swim ALL Lanes 7a-4p	Open Swim ALL Lanes 7a-4p	Open Swim ALL Lanes 7a-4p	Open Swim ALL Lanes 7a-4p		
Open Swim ALL Lanes 7a-4p	Swim Team Practice 4:15p-8:30p	Swim Team Practice 4:15p-8:30p	Swim Team Practice 4:15p-8:30p	Swim Team Practice 4:15p-8:30p		
Swim Team Practice 4:15p-8:30p	Open Swim Limited Lanes 4p-8:45p	Open Swim Limited Lanes 4p-8:45p	Open Swim Limited Lanes 4p-8:45p	Open Swim Limited Lanes 4p-8:45p		
Open Swim Limited Lanes 4p-8:45p						

Pool Closings:
Follow Us on Facebook @ Middle Tyger Family YMCA

Weather Closings:
Check WYFF News Channel 4

Be Part of our Family!!!

*Reserve your spot for **Deep Water**

Register for **Triathlon Training** for a monthly fee.

*Note in the event of thunder or lightning, the pool will be **closed for 30 minutes** from the last lightning strike or thunder heard. Please call the Y if you are unsure of closure.

*Water Exercise Classes have a limit of 20 people. Registration is open 3 days before class. Register online at spartanburgymca.org, click on Programs, then search for the classes you want or contact the front desk.

*During **Swim Team Practice** times, **limited lanes** will be available

Deep Water Classes Resume January 5th, 2021