



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NATATORIUM POOL SCHEDULE

THE W. DALE BROUGHER FOUNDATION YMCA

2023 Spring I

Schedule

Revised 2/3/2023

Schedule is subject to change.

During aquatic classes and swim lessons, open exercise and family swim are unavailable.

Multiple activities are often scheduled in this pool at the same time. The Aquatic Staff will do their best to accommodate each individual member's needs.

Lap Swimming

Lap swimming is open to anyone having the ability to do continuous laps. Lap lanes may be added or decreased depending on the pool schedule. **2 lanes are available for member use at all times.**

Reservations are required for water fitness classes.

Please contact the Aquatic Department with any questions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:00 Open Exercise	5:00-9:00 Open Exercise	5:00-8:00 Open Exercise	5:00-9:00 Open Exercise	5:00-8:00 Open Exercise		
8:00-9:00 SilverSplash	9:30-10:30 WaterinMotion	8:00-9:00 SilverSplash	9:00-10:00 WaterinMotion	9:30-10:30 Deep Water Workout	7:00-8:00 Open Exercise	
9:30-10:30 Deep Water Workout		9:30-10:30 SilverSplash	10:00-11:00 Deep Water Workout	10:45-11:30 Deep Water Workout	8:15-11:45 Swim Lessons	
10:45-11:30 Deep Water Workout	11:00-12:00 Swim Lessons				12:00-3:00 Family Swim	1:00-5:00 Lap Swimming
12:00-3:30 Open Swim	12:00-3:30 Open Swim	10:30-3:30 Open Swim	11:00-3:30 Open Swim	11:30-3:30 Open Swim		1:00-5:00 Family Swim
3:30-5:30 High School Prep	3:30-5:30 High School Prep	3:30-5:30 High School Prep	3:30-5:30 High School Prep	3:30-5:30 High School Prep		
5:00-7:00 Swim Lessons	5:00-7:30 Swim Lessons	5:00-7:00 Swim Lessons	5:30-7:00 Swim Lessons			
5:30-8:00 YMCA Swim Team	5:30-8:00 YMCA Swim Team	5:30-8:00 YMCA Swim Team	5:30-8:00 YMCA Swim Team	5:30-8:00 YMCA Swim Team		
7:00-9:00 Family Swim	7:30-9:00 Family Swim	7:00-9:00 Family Swim	7:00-9:00 Family Swim	7:00-9:00 Family Swim		

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100 Constitution Avenue, Shrewsbury, PA 17361

P717 235 0446 rosesymca.org



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WARM WATER POOL SCHEDULE

THE W. DALE BROUGHER FOUNDATION YMCA

2023 Spring I
Schedule
Revised 2/3/2023

Schedule is subject
to change

Hours of Pool:

M-F

7am-12pm

4pm-7pm

Sat

7am-12pm

Sun.

1-5pm

During aquatic
classes and swim
lessons, open
exercise and family
swim are
unavailable.

The Aquatic Staff will
do their best to
accommodate each
individual member's
needs.

Reservations are
required for water
fitness classes.

Please contact
the Aquatic
Department with
any questions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00 Open Exercise	7:00-12:00 Open Exercise	7:00-8:00 Open Exercise	7:00-10:30 Open Exercise	7:00-8:00 Open Exercise	7:00-9:00 Open Exercise	
8:00-9:00 Shallow Water Workout		8:00-9:00 Shallow Water Workout	10:30-12:00 Swim Lesson	8:00-9:00 Shallow Water Workout	9:00-11:00 Swim Lessons	
9:00-12:00 Open Swim		9:00-10:00 Shallow Water Workout		9:00-12:00 Open Swim	11:00-12:00 Family Swim	
		10:00-12:00 Open Swim				1:00-5:00 Family Swim
4:00-5:00 Open Swim	4:00-5:00 Open Swim	4:00-7:00 Open Swim	4:00-5:00 Open Swim	4:00-7:00 Open Swim		
5:00-7:00 Swim Lessons	5:00-7:00 Swim Lessons		5:00-7:00 Swim Lessons			

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