



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA

INDOOR POOL SCHEDULE

October 2021	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6am – 8:30pm	6am-8:30pm	6am-8:30pm	6am-8:30pm	6am-6pm	8am-2pm	12-4:30pm
Open/Family Swim	11am – 8:30pm	11am – 8:30pm	11am – 8:30pm	11am – 8:30pm	11am – 6pm	11am-2pm	12-4:30pm
Aqua Aerobics		10-11am					
Private Swim Lessons	Please see	front desk	for more	information.			

Please share lap lanes. No more than 2 people per lap lane, starting and stopping on opposite ends of the lane.
 Please practice social distancing in the pool as well as on the deck
 Please see our online schedule for lanes usage for each activity as well as activity descriptions.
 This schedule is subject to change.