



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# DOWNTOWN YMCA

## INDOOR POOL SCHEDULE

| November 2021               | Monday     | Tuesday    | Wednesday  | Thursday     | Friday     | Saturday | Sunday    |
|-----------------------------|------------|------------|------------|--------------|------------|----------|-----------|
| <b>Lap Swim</b>             | 6am – 7pm  | 6am-7pm    | 6am-7pm    | 6am-7pm      | 6am-6pm    | 8am-2pm  | 12-4:30pm |
| <b>Open/Family Swim</b>     | 11am – 7pm | 11am – 7pm | 11am – 7pm | 11am – 7pm   | 11am – 6pm | 11am-2pm | 12-4:30pm |
| <b>Aqua Aerobics</b>        |            | 10-11am    |            |              |            |          |           |
| <b>Private Swim Lessons</b> | 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.