

POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:30am – 8:00am Water Fitness 8:00am – 12:00pm Lap Swim 12:00pm – 1:00pm SWIM CLUB 1:00pm – 3:00pm OPEN SWIM 3:00pm – 5:00pm YOUTH SWIM PROGRAMS 5:15pm – 6:15pm OPEN SWIM 6:20pm – 8:00pm	Lap Swim & Water Fitness 5:30am – 8:00am WATER AEROBICS 8:00am – 9:00am Water Fitness 9:00am – 12:00pm Lap Swim 12:00pm – 1:00pm SWIM CLUB 1:00pm – 3:00pm OPEN SWIM 3:00pm – 5:00pm <div> SWIM LESSONS 4:00pm – 6:00pm SWIM CLUB 5:15pm – 6:15pm </div> Aqua Tabata 6:15 pm – 7:15 pm OPEN SWIM 7:15 pm – 8:00 pm	Lap Swim 5:30am – 8:00am Water Fitness 8:00am – 12:00pm Lap Swim 12:00pm – 1:00pm SWIM CLUB 1:00pm – 3:00pm OPEN SWIM 3:00pm – 5:00pm YOUTH SWIM PROGRAMS 5:15pm – 6:15pm H2O AEROBICS 6:15 pm – 7:15 pm OPEN SWIM 7:15 pm – 8:00 pm	Lap Swim & Water Fitness 5:30am – 8:00am SILVER SNEAKERS 8:00am – 9:00am Water Fitness 9:00am – 12:00pm Lap Swim 12:00pm – 1:00pm SWIM CLUB 1:00pm – 3:00pm OPEN SWIM 3:00pm – 5:00pm <div> SWIM LESSONS 4:00pm – 6:00pm SWIM CLUB 5:15pm – 6:15pm </div> OPEN SWIM 6:20pm – 8:00pm	Lap Swim 5:30am – 8:00am Water Fitness 8:00am – 12:00pm Lap Swim 12:00pm – 1:00pm SWIM CLUB 1:00pm – 3:00pm OPEN SWIM 3:00pm – 7:45pm	Lap Swim 8:00am – 10:00am AQUA ZUMBA 10:00am – 11:00am 2 lap lanes available Water Fitness 11:00am – 12:00pm OPEN SWIM 12:00pm – 4:45pm	OPEN SWIM 1:00pm – 4:45pm

TO PROMOTE SAFETY, THE YMCA HAS SOME GUIDELINES TO FOLLOW WHILE USING THE POOL OR HOT TUB.

- Shower before entering and after exiting the pool.
- **SOCIAL DISTANCING** requirements are in place during all times. Please keep a distance of 6 feet between you and other members.
- 1 person per lap lane or area.
- Do not share personal equipment with other members.
- Do not spit in the pool.
- Bring your own towel.
- Pool equipment is not available. Please bring your own.
- All other facility and normal pool guidelines apply.

HOT TUB MODIFICATIONS

- 2 person max. Members must sit at opposite corners of the hot tub.
- 20 minute maximum
- The hot tub will be open the same hours of the pool. A lifeguard must be on duty when the hot tub is in use.

CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE TO NO NOTICE.

For real time updates subscribe to the REMIND app. Simply text @saymca3 to 81010.

Activities indicated in purple are instructor led classes. The participants in these classes must have the ability to hear the instructor with no distraction. Please be mindful of others and the activities taking place.