

# Summer Pool Schedule

## RECREATION POOL SCHEDULE

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00-8:00	Adult Conditioning / Water Walking					Closed	CLOSED
8:00-10:30	Water Exercise Classes					YMCA Lessons 9:30-12:00	
10:30-12:00	Water Exercise Classes/ Swim Lessons					Adult/ Family Swim	
12:00-1:00	Family Swim					Rec. Swim	Rec. Swim/ Lessons 12:00-1:00 Slide 1:00-3:00
1:00-5:15	<b>REC Swim</b> Slide Hours: M, W, & F 2:00-5:00 NO SLIDE ON Tues. & Thurs.					Rec Swim Slide (2:00-5:30)	
5:30-7:00	YMCA Lesson Program					REC SWIM SLIDE (5:30-8:00)	YMCA Closes at 4:00
7:00-8:00	Family Swim	Water Babies/ Adult Swim	Family Swim	Water Babies/ Adult Swim	YMCA CLOSES at 6:30		
8:00-8:30	Adult Tranquility Swim (18 yr.)	Adult Swim	Adult Tranquility Swim (18 yr.)	Adult Swim			

## LAP POOL SCHEDULE

Time	MON	TUE	WED	THUR	FRI	SAT	SUN
5:45-7:00	Lap Swim					Closed	Closed
7:00-8:00	Lap Swim						
8:00-9:00	Age group Swim Team/ Two lap lanes available				Lap Swim		
9:00-10:30	Age group Swim Team/ Two lap lanes available				Lap Swim		
10:30-12:00	YMCA Swim Lessons/Group Programs (Lap Widths)						
12:00-12:30	YMCA Swim Lessons/Group Programs (Lap Widths)					Adult Lap	Adult Lap
12:30-1:00	Adult Lap					Adult Lap	Adult Lap
1:00-4:00	Adult Lap					Adult Lap	Adult Lap
4:00-5:30	Adult Lap					Adult Lap	Closed
5:30-6:30	YMCA Lesson Program (Mon. through Thurs)					Adult Lap	
6:30-7:00	YMCA Lesson Program (Mon. through Thurs)					Closed	
7:00-8:00	Lap Swim (14 yrs and up)						
8:00-8:30	Adult Tranquility Swim (18 yrs and up)						

**Learn a lifetime skill!**