

Pool Schedule

****EARLY POOL HOURS – MON, WED, & FRI AT 6:00 am****

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00-9:00 Open Swim	8:00-9:00 Open Swim	6:00-9:00 Open Swim	8:00-9:00 Open Swim	6:00-8:00 Open Swim		
9:00-10:00 SilverSplash	9:00-10:00 Arthritis Class	9:00-10:00 SilverSplash	9:00-10:00 Arthritis Class	9:00-10:00 SilverSplash		
					9:00-12:00 Open Swim	
12:00-2:00 Open Swim	12:00-2:00 Open Swim	12:00-2:00 Open Swim	12:00-2:00 Open swim	12:00-2:00 Open Swim		
					2:00-4:00 Public Swim \$3 per swimmer	
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		
5:00-6:00 Water Aerobics (2 lanes open)	5:00-6:00 Water Aerobics (2 lanes open)		5:00-6:00 Water Aerobics (2 lanes open)			
6:00 – 7:00 Open Swim	6:00 – 7:00 Open Swim		6:00 – 7:00 Open swim			

****Proper swim attire (*BATHING SUIT*) is required – jeans, gym (PE) shorts, cut-offs, and sports bras are not allowed in the pool.**

WATER AEROBICS & DEEP WATER AEROBICS: 5:00-6:00 Monday, Tuesday, Thursday Cost: Free for members, \$30 a month for non-members

SENIOR CITIZEN WATER AEROBICS 9:00–10:00 Mon-Thurs

Arthritis Class – Tues & Thurs

SilverSplash – Mon, Wed & Fri

PRIVATE SWIM LESSONS – Call the Front Desk at the YMCA to set up a time.