

DOWNTOWN YMCA POOL SCHEDULE

Effective August, 2008

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00AM		LAP SWIM 6AM-8AM	LAP SWIM 6AM-8AM	LAP SWIM 6AM-8AM	LAP SWIM 6AM-8AM	LAP SWIM 6AM-8AM		
6:30AM								
7:00AM								
7:30AM								
8:00AM		OPEN/LAP SWIM 8AM-9AM			Water Aerobics/LAP SWIM 8:15AM-9:15AM			OPEN/LAP SWIM 8AM-9AM
8:30AM								
9:00AM		WATER AEROBICS & LAP SWIM 9AM-10AM		OPEN/LAP SWIM 8AM-11AM	OPEN & LAP SWIM 9AM-10AM	OPEN/LAP SWIM 8AM-11AM		WATER AEROBICS & LAP SWIM 9AM-10AM
9:30AM								
10:00AM								
10:30AM		LAP SWIM 10AM-12PM			OPEN/LAP SWIM 10AM-11AM			LAP SWIM 10AM-12PM
11:00AM		OPEN/ LAP SWIM 11AM-4PM						
11:30AM			LAP SWIM 11AM-1PM	LAP SWIM 11AM-1PM	LAP SWIM 11AM-1PM			
12:00PM						LAP SWIM 12PM-1PM		
12:30PM								
1:00PM								
1:30PM					LAP SWIM 1PM-3PM	LAP SWIM 1PM-3PM		
2:00PM								
2:30PM			OPEN/LAP SWIM 12PM-5:30PM					
3:00PM				OPEN/LAP SWIM 1PM-5:30PM				
3:30PM								
4:00PM				OPEN/LAP SWIM 3PM-5:30PM				
4:30PM								
5:00PM								
5:30PM		WATER AEROBICS & LAP SWIM 5:30-6:30PM	WATER AEROBICS & LAP SWIM 5:30-6:30PM	WATER AEROBICS & LAP SWIM 5:30-6:30PM	WATER AEROBICS & LAP SWIM 5:30-6:30PM	OPEN/LAP SWIM 3PM-9PM		
6:00PM								
6:30PM								
7:00PM								
7:30PM								
8:00PM		OPEN/LAP SWIM 6:30PM-8:45PM	OPEN/LAP SWIM 6:30PM-8:45PM	OPEN/LAP SWIM 6:30PM-8:45PM	OPEN/LAP SWIM 6:30PM-8:45PM			
8:30PM								
9:00PM								

*Pool schedule subject to change without notice.

*NO **OPEN SWIM** is available during **WATER AEROBIC CLASSES**

Youth Access Guidelines:

*Children under 8 years of age **MUST** be accompanied by a parent/guardian 18 years of age or older.

*Children 9-11 years of age may use the pool unattended during the following hours:

Monday-Friday 3-5PM & Saturday 10AM-1PM

*Children under age 16 are NOT allowed in the whirlpool.