

JANUARY

Pool Schedule - Jan 2 to Jan 31

Please see YMCA app for day to day schedule.

LAP POOL

	Monday	Tuesday	Wednesday	Thursday****	Friday	Saturday
5 am	LAP SWIM (Shared Lanes) 5:15 AM - 12 PM	LAP SWIM (Shared Lanes) 5:15 AM - 2:30 PM	LAP SWIM (Shared Lanes) 5:15 AM - 12 PM	LAP SWIM (Shared Lanes) 5:15 AM - 2:30 PM	LAP SWIM (Shared Lanes) 5:15 AM - 12 PM	LAP SWIM (Shared Lanes) 7:15 AM - 4:45 PM
6 am						
7 am						
8 am						
9 am						
10 am	WATER FITNESS 10 - 11 AM (MAX OF 46)		WATER FITNESS 10 - 11 AM (MAX OF 46)		WATER FITNESS*** 10 - 11 AM (MAX OF 46)	
11 am						
Noon	LAP SWIM (Shared Lanes) 10:15 AM - 4:45 PM	POOL CLOSED 12 - 2:30 PM	POOL CLOSED 12 - 2:30 PM		POOL CLOSED 12 - 2:30 PM	
1 pm						
2 pm		SHS SWIM TEAM 2:30 - 4:30 PM	SHS SWIM TEAM 2:30 - 4:30 PM	SHS SWIM TEAM* 2:30 - 4:30 PM *No practice Jan 5, Jan 19	SHS SWIM TEAM 2:30 - 4:30 PM	
3 pm	JAN 15 ONLY: LAP SWIM 10:15 AM - 1 PM WiBit SUNDAY 2 - 4 PM	LAP SWIM (Shared Lanes) 4:30 - 5:30 PM	LAP SWIM (Shared Lanes) 4:30 - 5:30 PM	LAP SWIM (Shared Lanes) 4:30 - 5:30 PM	LAP SWIM (Shared Lanes) 4:30 - 5:30 PM	
4 pm		YMCA SWIM TEAM 5:30 - 7 PM	YMCA SWIM TEAM 5:30 - 7 PM	YMCA SWIM TEAM 5:30 - 7 PM	YMCA SWIM TEAM 5:30 - 7 PM	
5 pm		LAP SWIM (Shared Lanes) 6:30 - 8:45 PM	LAP SWIM (Shared Lanes) 6:30 - 8:45 PM	LAP SWIM (Shared Lanes) 6:30 - 8:45 PM	LAP SWIM (Shared Lanes) 6:30 - 8:45 PM	
6 pm						
7 pm						
8 pm						

*On days with no swim team practice, lap pool is open for shared lane lap swim.

RECREATION POOL

	Sunday	Monday	Tuesday	Wednesday	Thursday****	Friday	Saturday
7 am			WATER FITNESS 7:30 - 8:30 AM (MAX OF 25)		WATER FITNESS 7:30 - 8:30 AM (MAX OF 25)		
8 am		WATER WALKING 8:15 - 10 AM		WATER WALKING 8:15 - 10 AM		WATER WALKING 8:15 - 10 AM	
9 am			WATER WALKING 8:30 AM - 12 PM		WATER WALKING 8:30 AM - 12 PM		
10 am		POOL CLOSED 10 - 11 AM		POOL CLOSED 10 - 11 AM		POOL CLOSED 10 - 11 AM	SWIM LESSONS 9:15 AM - 12 PM
11 am		WATER WALKING 11 AM - 12 PM		WATER WALKING 11 AM - 12 PM		WATER WALKING 11 AM - 12 PM	
Noon	FAMILY SWIM & BEACH SWIM 10:15 AM - 4:45 PM	FAMILY SWIM & BEACH SWIM 12 - 1 PM		FAMILY SWIM & BEACH SWIM 12 - 1 PM		FAMILY SWIM & BEACH SWIM 12 - 1 PM	
1 pm		WATER FITNESS 1 - 2 PM (MAX OF 25)	POOL CLOSED 12 - 3:30 PM	WATER FITNESS 1 - 2 PM (MAX OF 25)	POOL CLOSED 12 - 3:30 PM	WATER FITNESS 1 - 2 PM (MAX OF 25)	FAMILY SWIM & BEACH SWIM 12 - 4:45 PM
2 pm		FAMILY SWIM 2 - 3:30 PM		FAMILY SWIM 2 - 3:30 PM		FAMILY SWIM 2 - 8:45 PM	
3 pm							
4 pm		SWIM LESSONS** 3:30 - 6 PM	SWIM LESSONS 3:30 - 6 PM	SWIM LESSONS 3:30 - 6 PM	SWIM LESSONS 3:30 - 6 PM		
5 pm		**Not Jan 16					
6 pm	**** THURSDAYS: HOT TUB CLOSED FOR WEEKLY MAINTENANCE	FAMILY SWIM 6 - 8:45 PM	FAMILY SWIM 6 - 8:45 PM	FAMILY SWIM 6 - 8:45 PM	FAMILY SWIM 6 - 8:45 PM		**On days when there are no swim lessons, Rec Pool is open for Family Swim.
7 pm		BEACH SWIM 6:30 - 7:45 PM	BEACH SWIM 6:30 - 7:45 PM	BEACH SWIM 6:30 - 7:45 PM	BEACH SWIM 6:30 - 7:45 PM	BEACH SWIM 6:30 - 7:45 PM	
8 pm							