



Lap Pool

2024 DECEMBER

	SUN	MON	TUE	WED	THU	FRI	SAT	
1	LAP SWIM 11:30AM-4:30PM	2 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	3 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	4 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	5 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	6 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	7 LAP SWIM 7:30AM-3:30PM	
8	LAP SWIM 11:30AM-3:30PM	9 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	10 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	11 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	12 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	13 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	14 LAP SWIM 7:30AM-3:30PM	
15	LAP SWIM 11:30AM-4:30PM	16 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	17 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	18 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	19 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	20 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	21 LAP SWIM 7:30AM-3:30PM	
22	LAP SWIM 11:30AM-4:30PM	23 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	24 LAP SWIM 5:30AM-11:30AM POOL CLOSES AT 11:30AM	25 FOUNDATION YMCA CLOSED MERRY CHRISTMAS	26 LAP SWIM 7:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	27 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	28 LAP SWIM 7:30AM-3:30PM	
29	LAP SWIM 11:30AM-4:30PM	30 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	31 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3:00PM-6:30PM LAP SWIM LANES 1-3 3:00PM-5:30PM POOL CLOSES AT 5:30PM				Pool and Sauna Hours Monday-Friday 5:30am-7:30pm Saturday- 7:30am -3:30pm Sunday 11:30am -4:30pm Day Swim Pass Open Swim 1:30pm-3:30pm	

Warm Up Pool

2024 DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT		
1 OPEN SWIM 11:30AM-4:30PM	2 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-1:00PM FOUNDATION KIDS 1:00PM-2:00PM OPEN SWIM 2:00PM-7:30PM	3 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-6:30PM AQUA DANCE 6:30PM-7:30PM	4 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	5 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-12:45PM SWIM LESSONS 12:45PM-1:30PM OPEN SWIM 1:30PM-6:30PM AQUA DANCE 6:30PM-7:30PM	6 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	7 OPEN SWIM 7:30AM-11AM AQUA DANCE 11AM-12PM OPEN SWIM 12PM-3:30PM		
8 OPEN SWIM 11:30AM-3:30PM	9 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-1:00PM FOUNDATION KIDS 1:00PM-2:00PM OPEN SWIM 2:00PM-7:30PM	10 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-6:30PM AQUA DANCE 6:30PM-7:30PM	11 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	12 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-12:45PM SWIM LESSONS 12:45PM-1:30PM OPEN SWIM 1:30PM-6:30PM AQUA DANCE 6:30PM-7:30PM	13 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	14 OPEN SWIM 7:30AM-11AM AQUA DANCE 11AM-12PM OPEN SWIM 12PM-3:30PM		
15 OPEN SWIM 11:30AM-4:30PM	16 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	17 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-6:30PM AQUA DANCE 6:30PM-7:30PM	18 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30PM-7:30PM	19 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30PM-6:30PM AQUA DANCE 6:30PM-7:30PM	20 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	21 OPEN SWIM 7:30AM-11AM AQUA DANCE 11AM-12PM OPEN SWIM 12PM-3:30PM		
22 OPEN SWIM 11:30AM-4:30PM	23 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	24 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM POOL CLOSES AT 11:30AM	25 FOUNDATION YMCA CLOSED MERRY CHRISTMAS	26 OPEN SWIM 7:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30PM-6:30PM AQUA ZUMBA 6:30PM-7:30PM	27 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	28 OPEN SWIM 7:30AM-11AM AQUA DANCE 11AM-12PM OPEN SWIM 12PM-3:30PM		
29 OPEN SWIM 11:30AM-4:30PM	30 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	31 OPEN SWIM 5:30AM-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-5:30PM POOL CLOSES AT 5:30PM					Pool and Sauna Hours Monday-Friday 5:30am-7:30pm Saturday- 7:30am -3:30pm Sunday 11:30am -4:30pm Day Swim Pass Open Swim 1:30pm-3:30pm	