Lap Pool

SUN	MON	TUE	WED	THU	FRI	SAT
	1 YMCA CLOSED	2 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30-3:30PM LANES 7-8 SWIM TEAM 5:00PM- 6:30PM LANES 5-8	3 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	4 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	5 LAP SWIM 5:30-7:30PM ALL LANES OPEN SWIM LANES 7-8 1:30-3:30	6 LAP SWIM 730AM-3:330PM OPEN SWIM 1:30PM-3:30PM LANES 7-8
7 LAP SWIM 11:30-4:30	8 LAP SWIM 5:30-8:30 OPEN SWIM LANES 7-8 1:30-3:30	9 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30-3:30PM LANES 7-8 SWIM TEAM 5:00PM- 6:30PM LANES 5-8	10 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	11 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	12 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 LIFEGUARD CLASS**	13 LAP SWIM 8:30AM-3:30PM OPEN SWIM 1:30PM-3:30PM LIFEGUARD CLASS**
	15 M LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30-3:30PM LANES 7-8 SWIM TEAM 5:00PM- 6:30PM LANES 5-8	16 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30-3:30PM LANES 7-8 SWIM TEAM 5:00PM- 6:30PM LANES 5-8	17 LAP SWIM 5:30AM-730PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	18 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM 5:00PM- 6:30PM LANES 5-8	19 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM 5:00-6:30PM LANES 5-8	20 LAP SWIM 8:30-3:30PM OPEN SWIM 1:30-3:30PM LANES 7-8
21 LAP SWIM 11:30AM-4:30P OPEN SWIM 1:30-3:30 LANES 7-8	22 M LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30-3:30 LANES 7-8 SWIM TEAM 5:00PM- 6:30PM LANES 5-8	23 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM 5:0006:30PM LANES 5-8	24 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	25 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30-3:30PM LANES 7-8 SWIM TEAM 5:00-6:30PM LANES 5-8	26 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM 5:00PM- 6:30PM LANES 5-8	27 LAP SWIM 8:30AM-3:30PM
8 AP SWIM 11:30AM-4:30P PEN SWIM 1:30-3:30PM ANES 7-8	29 M LAP SWIM 5:30-8:30P OPEN SWIM 1:30-3:30 LANES 7-8 SWIM TEAM 5:00-6:30 LANES 5-8	30 LAP SWIM 5:30PM-8:30PM OPEN SWIM 1:30-3:30PM LANES 7-8 SWIM TEAM 5:00PM- 6:30PM LANES 5-8	the	Day Swir	Pool and Sauna Hours onday-Friday 5:30am-8:30pm Saturday- 8:30am -3:30pm Sunday 11:30am -4:30pm m Pass Open Swim 1:30pm-3:30pm es will always be open for lap swim	

## **Warm Up Pool**

	SUN	MON	TUE	WED	THU	FRI	SAT
025		1 YMCA CLOSED	2 OPEN SWIM 5:30AM-10:30AM WATER AEROBICS 10:30AM- 11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM- 6:30PM AQUA DANCE 6:30PM-8:30PM	3 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30- 11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM- 8:30PM	4 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30- 11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 4:00PM- 8:30PM	5 OPEN SWIM 5:30-10:30AM AQUAR STRETCH-10:30AM- 11:30AM OPEN SWIM 11:30AM-5:30PM	6 OPEN SWIM 8:30-8:30 SWIM LESSONS 8:30-11:00 AQUA DANCE 11AM-12PM OPEN SWIM 12:00PM-3:30PM
_	7 OPEN SWIM 11:30AM-3:30PM	8 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM- 11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM- 6:30PM	9 OPEN SWIM 5:30AM-10:30AM WATER AEROBICS 10:30AM- 11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM- 6:30PM AQUA DANCE 6:30PM-8:30PM	10 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30- 11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM- 8:30PM	11 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30- 11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 4:00PM- 8:30PM	12 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM- 11:30AM OPEN SWIM 11:30AM-7:30PM	13 OPEN SWIM 8:30-8:30AM SWIM LESSONS 8:30-11:00AM AQUA DANCE 11:00AM- 12:00PM OPEN SWIM 12:00PM-3:30PM
	21 OPEN SWIM 11:30-3:30PM	22 OPEN SWIM 5:30-10:30AM AQUA STRETCH 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM- 6:30PM	23 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30AM- 11:30AM OPEN SWIM 11:3-AM-4:00PM SWIM LESSONS 4:30-6:30PM AQUA DANCE 6:30P-8:30PM	24 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30AM- 11:30AM OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM- 8:30PM	25 OPEN SWIM 5:30AM-10:30AM WATER AEROBICS 10:30AM- 11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 4:00PM- 6:30PM AQUA DANCE 6:30PM-8:30PM	26 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM- 11:30AM OPEN SWIM 11:30AM-7:30PM	27 OPEN SWIM-8:30AM-8:30AM SWIM LESSONS 8:30AM- 11:00AM AQUA DANCE 11:00AM- 12:00PM OPEN SWIM 12:00PM-3:30PM
VIT	14 OPEN SWIM 11:30AM-4:30PM	15 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30AM- 11:30AM OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM- 6:30PM	16 OPEN SWIM 5:30-10:30 WATER AEROBICS 10:30A- 11:30AM OPEN SWIM- 11:30AM- 4:00PM SWIM LESSONS 4:00PM- 6:30PM AQUA DANCE 6:30PM-8:30PM	17 OPEN SWIM 5:30AM-10:30AM WATER AEROBICS 10:30AM- 11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM- 8:30PM	18 OPEN SWIM 5:30AM-10:30AM WATER AEROBICS 10:30AM- 11:30AM SWIM LESSONS-11:30-12:30 OPEN SWIM 12:30PM-4:00PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 4:00PM- 6:30PM AQUA DANCE 6:30-8:30PM	19 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30-11:30 OPEN SWIM 11:30-7:30PM	20 OPEN SWIM 8:30AM-8:30AM SWIM LESSONS 8:30AM- 11:00AM AQUA DANCE 11:00AM- 12:00PM OPEN SWIM 12:00P-3:30PM
	28 OPEN SWIM 11:30AM-4:30PM	29 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM- 11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM- 6:30PM	30 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30- 11:30AM OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM- 6:30PM AOUA DANCE 6:30PM-8:30PM	the	Pool and Sauna Hours Monday-Friday 5:30am-8:30pm Saturday- 8:30am -3:30pm Sunday 11:30am -4:30pm		

Day Swim Pass Open Swim 1:30pm-3:30pm

AQUA DANCE 6:30PM-8:30PM