

LARGE POOL SCHEDULE 2022

Effective - January 3, 2022

TIME	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY						TIME					
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6		1	2	3	4	5
5:15 AM	ADULT LAP 5:15 AM - 11 AM						ADULT LAP 5:15 AM - 6:30 AM						ADULT LAP 5:15 AM - 6:30 AM						ADULT LAP 5:15 AM - 6:30 AM						ADULT LAP 5:15 AM - 6:30 AM						CLOSED						5:15 AM											
6:00 AM							6:00 AM																																									
6:30 AM							6:30 AM																																									
7:00 AM							ADULT LAP 6:30 - 8 AM			MASTERS CLUB 6:30 - 8 AM			ADULT LAP 6:30-7:30 AM			PROGRAM 6:30-7:30 AM			ADULT LAP 6:30 - 8 AM			MASTERS CLUB 6:30 - 8 AM			ADULT LAP 6:30 - 8 AM			MASTERS CLUB 6:30 - 8 AM									ADULT LAP 7 AM - 8 AM			ADULT LAP 7 AM-10 AM			MASTERS CLUB 7 - 8:30 AM			7:00 AM		
7:30 AM							7:30 AM																																									
8:00 AM							8:00 AM																																									
8:30 AM							ADULT LAP 8 AM - 1 PM						ADULT LAP 7:30 AM - 11 AM						ADULT LAP 8 AM - 1 PM						ADULT LAP 8 AM - 11 AM												ADULT LAP 8-9:45 AM			SWIM TEAM 8 AM - 2 PM			8:00 AM					
8:30 AM													8:30 AM																																			
9:00 AM													9:00 AM																																			
9:30 AM													9:30 AM																																			
10:00 AM	10:00 AM																																															
10:30 AM	10:30 AM																																															
11:00 AM	FAMILY SWIM 11 AM - NOON			ADULT LAP 11 AM - NOON									FAMILY SWIM 11 AM - NOON			ADULT LAP 11 AM - NOON			FAMILY SWIM 11 AM - NOON			ADULT LAP 11 AM - NOON			SWIM LESSONS 9:45 AM - NOON			11:00 AM																				
11:30 AM	11:30 AM																																															
12:00 PM	MASTERS CLUB NOON - 1 PM			ADULT LAP NOON - 1 PM									MASTERS CLUB NOON - 1 PM			ADULT LAP NOON - 1 PM			MASTERS CLUB NOON - 1 PM			ADULT LAP NOON - 1 PM			OPEN LAP 12-2 PM			OPEN LAP 10 AM - 12:30 PM			12:00 PM																	
12:30 PM	12:30 PM																																															
1:00 PM	OPEN LAP 1 PM - 3:30 PM						OPEN LAP 1 PM - 3 PM						OPEN LAP 1 PM - 3:30 PM						OPEN LAP 1 PM - 3 PM						OPEN LAP 1 PM - 3:30 PM						ADULT LAP 2 PM - 4 PM			ADULT LAP 2 PM - 4 PM			1:00 PM											
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2:30 PM							2:30 PM																																									
3:00 PM							3:00 PM																																									
3:30 PM							OPEN LAP 3 PM - 4 PM			PROGRAM 3 PM - 4 PM			ADULT LAP 3:30 - 5:30 PM			OPEN LAP 3 PM - 4 PM			PROGRAM 3 PM - 4 PM			SWIM TEAM 3:30 PM -5:30 PM			ADULT LAP 2 PM - 4 PM			ADULT LAP 2 PM - 4 PM			3:00 PM																	
3:30 PM							3:30 PM																																									
4:00 PM							SWIM TEAM 3:30 PM -5:30 PM			ADULT LAP 5:30-7 PM						ADULT LAP 5:30-7 PM			SWIM TEAM 4 - 7 PM						YOUTH LESSONS 4 - 5:30 PM			ADULT LAP 4 - 7 PM			CLOSED			4:00 PM														
4:30 PM							4:30 PM																																									
5:00 PM							5:00 PM																																									
5:30 PM	OPEN LAP 5:30 - 8:50 PM			SWIM TEAM 5:30 - 8:50 PM			OPEN LAP 5:30 - 8:50 PM			SWIM TEAM 3:30 - 8:50 PM						ADULT LAP 5:30 - 7 PM			SWIM TEAM 4 - 7 PM						5:00 PM																							
6:00 PM	6:00 PM																																															
6:30 PM	6:30 PM																																															
7:00 PM	OPEN LAP 5:30 - 8:50 PM			SWIM TEAM 5:30 - 8:50 PM			OPEN LAP 5:30 - 8:50 PM			SWIM TEAM 3:30 - 8:50 PM						ADULT LAP 5:30 - 7 PM			SWIM TEAM 4 - 7 PM						5:30 PM																							
7:30 PM	7:30 PM																																															
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LANE #	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	LANE #					

Friendly Reminders:

- Schedule is effective 1/3/22 and is subject to change due to Swim Meets, Programming or LG Classes.
- All swimmers must wear a swim cap.
- Participants must shower before entering the pool.
- Lane sharing is encouraged. Please ask permission to share a lane.
- Please circle swim when more than one person is in a lane.
- Non-lifeguard approved floatation devices such as rafts, inflatables, arm wings, baby seat floats, backpacks or monofins (mermaid tail) are not permitted in the pools at anytime.
- **POOL CLOSURES FOR SWIM MEETS-SATURDAY, JANUARY 15 CLOSSES AT NOON; SATURDAY MARCH 19 CLOSSES AT NOON.**

- Adult lap is for participants 18 years and older.
- Open lap is for all ages 10 & older; Open lap swimmers 10-12 years old must be accompanied by an adult.
- Family Swim is for all members regardless of age.
- Family Swim- all youth 12 & younger must be accompanied by an adult and must remain in the pool area. All swimmers ages 12 & under must successfully complete our YMCA's swim test to swim in the deep end.
- Family Swim-All non-swimmers must remain in the shallow end within arm's reach of an adult. If child is unable to stand in the shallow end a coast guard approved lifejacket must be worn (please bring your own).
- Family Swim-Infants/Toddlers who are not potty trained must wear a fitted plastic covering over all disposable swim diapers.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL POOL SCHEDULE 2022

Effective - January 3, 2022

TIME	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY				TIME				
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4		1	2	3	4
6:15 AM	MORNIN' MANIA 6:15 AM - 7 AM				SWIM LESSONS 6:15 AM - 7 AM				MORNIN' MANIA 6:15 AM - 7 AM				SWIM LESSONS 6:15 AM - 7 AM				MORNIN' MANIA 6:15 AM - 7 AM				CLOSED				CLOSED				6:15 AM				
6:30 AM																													6:30 AM				
7:00 AM	ADULT LAP & SENIOR SWIM 7 AM - 1 PM				ADULT LAP & SENIOR SWIM 7 AM - 9 AM				ADULT LAP & SENIOR SWIM 7 AM - 10 AM				ADULT LAP & SENIOR SWIM 7 AM - 9 AM				ADULT LAP & SENIOR SWIM 7 AM - 9 AM				ADULT LAP & SENIOR SWIM 7:15 AM - 9 AM				ADULT LAP & SENIOR SWIM 7:15 AM - 11 AM				7:00 AM				
7:30 AM																																	7:30 AM
8:00 AM																													8:00 AM				
8:30 AM																													8:30 AM				
9:00 AM									SWIM LESSONS 9:15 AM - 9:45 AM								SWIM LESSONS 9:15 AM - 9:45 AM				AQUA FIT 9 AM - 9:45 AM								9:00 AM				
9:30 AM																													9:30 AM				
10:00 AM									ADULT LAP & SENIOR SWIM 10 AM - 11 AM				ADULT LESSONS 10 AM - 10:40 AM				AQUA FIT HI 10 AM - 10:45 AM				AQUA FIT-Low Intensity 10 AM - 10:45 AM								10:00 AM				
10:30 AM																													10:30 AM				
11:00 AM																													11:00 AM				
11:30 AM									AQUA FIT MOVE IT TO MUSIC 11 AM - 11:45 AM				DEEP WATER EXERCISE w/NOODLES 11 AM - 11:45 AM				ADULT LAP & SENIOR SWIM 11 AM - 1 PM				ADULT LAP & SENIOR SWIM 11 AM - 3 PM								11:30 AM				
12:00 PM																	12:00 PM																
12:30 PM					ADULT LAP & SENIOR SWIM 11:45 AM - 1 PM				AQUA FIT HI 12 PM - 12:45 PM												12:30 PM												
1:00 PM	ADULT LAP & SENIOR SWIM 1 PM-3 PM																ADULT LAP & SENIOR SWIM 1 PM- 2 PM		PRIVATE LESSONS		ADULT LAP & SENIOR SWIM 12:40 PM - 1:50 PM				1:00 PM								
1:30 PM																									1:30 PM								
2:00 PM																									2:00 PM								
2:30 PM																									2:30 PM								
3:00 PM					FAMILY SWIM 3 PM-3:50 PM		PRIVATE LESSONS 3 PM - 4 PM		PRIVATE LESSONS 3 PM - 4 PM		FAMILY SWIM 3 PM-3:50 PM		PRIVATE LESSONS 3 PM - 4 PM		PRIVATE LESSONS 3 PM - 4 PM		PRIVATE LESSONS 3 PM - 4 PM		FAMILY SWIM 3 PM-3:50 PM		FAMILY SWIM 2 PM - 3:45 PM		FAMILY SWIM 2 PM - 3:45 PM		3:00 PM								
3:30 PM																					3:30 PM												
4:00 PM	SWIM TEAM 4 PM - 5:15 PM				YOUTH LESSONS 4 PM - 7:05 PM				SWIM TEAM 4 PM - 5:15 PM				YOUTH LESSONS 4 PM - 7:05 PM				PRIVATE LESSONS 4 PM - 7:15 PM		SWIM TEAM 4 PM - 7:15 PM		CLOSED				4:00 PM								
4:30 PM																													4:30 PM				
5:00 PM	YOUTH LESSONS 5:15 PM - 7:15 PM																								5:00 PM								
5:30 PM																									5:30 PM								
6:00 PM																									6:00 PM								
6:30 PM													6:30 PM																				
7:00 PM																	7:00 PM																
7:30 PM	ADULT LESSONS 7:20 PM - 8 PM				AQUA FIT MOVE IT TO MUSIC 7:10 PM - 7:55 PM				FAMILY SWIM 7:30 PM - 8:45 PM <small>(2 LANES USED FOR PROGRAMS- 2/3; 3/2; 3/23; 4/27; 5/4)</small>				AQUA FIT MOVE IT TO MUSIC 7:10 PM - 7:55 PM				FAMILY SWIM 7:30 PM - 8:45 PM								7:30 PM								
8:00 PM	ADULT LAP 8 PM - 8:45 PM				FAMILY SWIM 8 PM - 8:45 PM																				8:00 PM								
8:30 PM																																	
LANE #	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	LANE #

Friendly Reminders:

- Schedule is effective 1/3/2022 and is subject to change.
- All participants must wear a swim cap.
- Participants must shower before entering the pool.
- Lane sharing is encouraged. Please ask permission to share a lane.
- Please circle swim when more than one person is in a lane.
- Non-lifeguard approved floatation devices such as rafts, inflatables, arm wings, backpacks or monofins (mermaid tail) are not permitted in the pools at anytime.
- Adult Lap & Senior swim is for members 18 and older; 2 lanes open/2 lap lanes in pool.
- Family swim is for all members regardless of age.
- All youth 12 & younger must be accompanied by an adult. All swimmers ages 12 & under must successfully complete our YMCA swim test to swim in the deep end.
- All non-swimmers must remain in the shallow end within arms reach of an adult. If child is unable to stand in the shallow end a coast guard approved lifejacket must be worn.
- Pool may be shared on the weekends with Lifeguarding Classes.