

Schedule is subject to change

Downtown YMCA Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-745 am	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6	YMCA CLOSED
745-845	Lap Swim 2 H2O Aerobics 4	Open Swim Lap Swim Program Swim	Lap Swim 2 H2O Aerobics 4	Open Swim Lap Swim Program Swim	Lap Swim 2 H2O Aerobics 4	Lap Swim 2 Open Swim 4 Lap Swim 2 12:45 PM Closed	
9-1030	Lap Swim Open Swim Swim Lessons		Lap Swim Open Swim Swim Lessons		Lap Swim Open Swim Swim Lessons		
1030-1130	Lap Swim 2 H2O Aerobics 4	Lap Swim 4 Open Swim 2	Lap Swim 2 H2O Aerobics 4	Lap Swim 4 Open Swim 2	Lap Swim 2 AquaZumba 4		
12-1pm	Lap Swim 4 Open Swim 2		Lap Swim 4 Open Swim 2		Lap Swim 4 Open Swim 2		
1pm-3	Lap Swim 3 Program Swim 2 Open Swim 1	Open Swim 1 Program Swim 2 Lap Swim 3	Lap Swim 3 Program Swim 2 Open Swim 1	Open Swim 1 Program Swim 2 Lap Swim 3	Lap Swim 3 Program Swim 2 Open Swim 1		
3-5:30	Lap Swim 2 Open Swim 3 Swim Lessons 1	Open Swim 3 Lap swim 2 Swim Lessons 1	Lap Swim 2 Open Swim 3 Swim Lessons 1	Open Swim 3 Lap swim 2 Swim Lessons 1	Lap Swim 2 Open Swim 3 Swim Lessons 1		
5:30-6:30	H2O Aerobics 3 Lap Swim 2 Open Swim 1	Open Swim 2 Swim Lessons 2 Lap Swim 2	H2O Aerobics 3 Lap Swim 2 Open Swim 1	Open Swim 2 Swim Lessons 2 Lap Swim 2	Lap Swim 2 Open Swim 3 Swim Lessons 1		
630-close	Open Swim 3 Lap Swim 2 Swim Lessons 1	Lap Swim 2 Open Swim 3 Swim Lessons 1	Open Swim 3 Lap Swim 2 Swim Lessons 1	Lap Swim 2 Open Swim 3 Swim Lessons 1			

Attention Lap Swimmers:

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third lap swimmer immediately changes the lane to "circle"

Speed

Please try to choose a lane with swimmers that most nearly match your speed.

If you need help obtaining a lane, please ask the lifeguard



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