

CENTRAL YMCA POOL SCHEDULES

Fall 2018 * September 10 - November 3

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Time
	SP	DP	SP	DP	SP	DP	SP	DP	SP	DP	SP	DP	
5:15-5:30													5:15-5:30
5:30-6:00													5:30-6:00
6:00-6:30		LAP SWIM 5:15-7:30		LAP SWIM 5:15-8:00		LAP SWIM 5:15-7:30		LAP SWIM 5:15-8:00		LAP SWIM 5:15-7:30			6:00-6:30
6:30-7:00	AQUA ROBICS				AQUA ROBICS				AQUA ROBICS				6:30-7:00
7:00-7:30													7:00-7:30
7:30-8:00	OPEN SWIM 7:30-8:30	H2O RUN/ OPEN SWIM			OPEN SWIM 7:30-8:30	H2O RUN/ OPEN SWIM			OPEN SWIM 7:30-8:30	H2O RUN/ OPEN SWIM			7:30-8:00
8:00-8:30													8:00-8:30
8:30-9:00	WATER FITNESS				WATER FITNESS				WATER FITNESS				8:30-9:00
9:00-9:30													9:00-9:30
9:30-10:00		OPEN/LAP SWIM 8:30-11:30		OPEN/LAP SWIM 8:00-11:30	ARTHRITIS/ MS CLASS	OPEN/LAP SWIM 8:30-11:30		OPEN/LAP SWIM 8:00-11:30		OPEN/LAP SWIM 8:30-11:30			9:30-10:00
10:00-10:30	RESERVED FOR GROUPS 9:30-12:00		RESERVED FOR GROUPS 9:30-12:00		RESERVED FOR GROUPS 10:00-12:00		RESERVED FOR GROUPS 9:30-12:00		RESERVED FOR GROUPS 9:30-12:00				10:00-10:30
10:30-11:00													10:30-11:00
11:00-11:30													11:00-11:30
11:30-12:00		LAP SWIM 11:30-1:00		LAP SWIM 11:30-1:00		LAP SWIM 11:30-1:00		LAP SWIM 11:30-1:00		LAP SWIM 11:30-1:00			11:30-12:00
12:00-12:30	WATER FITNESS		AQUA ROBICS		WATER FITNESS		AQUA ROBICS		OPEN SWIM			SWIM LESSONS 10:00-1:00	12:00-12:30
12:30-1:00													12:30-1:00
1:00-1:30													1:00-1:30
1:30-2:00	RESERVED FOR GROUPS 1:00-3:30	OPEN/LAP SWIM 1:00-4:30	RESERVED FOR GROUPS 1:00-3:30	OPEN/LAP SWIM 1:00-4:30	RESERVED FOR GROUPS 1:00-3:30	OPEN/LAP SWIM 1:00-4:30	RESERVED FOR GROUPS 1:00-3:30	OPEN/LAP SWIM 1:00-4:30	RESERVED FOR GROUPS 1:00-3:30	OPEN/LAP SWIM 1:00-4:30	RESERVED FOR POOL PARTIES 1:00-4:00		1:30-2:00
2:00-2:30													2:00-2:30
2:30-3:00													2:30-3:00
3:00-3:30													3:00-3:30
3:30-4:00	OPEN SWIM 3:30-4:30		OPEN SWIM 3:30-5:00		OPEN SWIM 3:30-4:30		OPEN SWIM 3:30-5:00		OPEN SWIM 3:30-4:30				3:30-4:00
4:00-4:30													4:00-4:30
4:30-5:00	SWIM TEAM/ LAP SWIM 4:30-5:30	*SWIM TEAM			SWIM TEAM/ LAP SWIM 4:30-5:30	*SWIM TEAM			SWIM TEAM/ LAP SWIM 4:30-5:30	*SWIM TEAM			4:30-5:00
5:00-5:30		4:30-6:30 (ONE LAP LANE OPEN)	SWIM LESSONS/ LAP SWIM 5:00-7:00	SWIM TEAM 4:30-8:30		4:30-6:30 (ONE LAP LANE OPEN)		OPEN/LAP SWIM 5:00-8:30	SWIM TEAM 4:30-8:30				5:00-5:30
5:30-6:00	AQUA ROBICS				AQUA ROBICS				AQUA ROBICS				5:30-6:00
6:00-6:30													6:00-6:30
6:30-7:00													6:30-7:00
7:00-7:30	OPEN SWIM 6:30-8:30	SWIM TEAM 6:30-8:30	OPEN/LAP SWIM 7:00-8:30		OPEN SWIM 6:30-8:30	SWIM TEAM 6:30-8:30			OPEN SWIM 6:30-7:30	SWIM TEAM 6:30-7:30			7:00-7:30
7:30-8:00													7:30-8:00
8:00-8:30													8:00-8:30

SP = Shallow Pool

Children under 8 require adult supervision; children under 6 require adult accompaniment in the water.

DP= Deep Pool

Lap lanes available only during designated times; circle swim prevails. *One lap lane will be available in the Deep Pool M/W/F from 4:30-6:30pm