

# CENTRAL YMCA POOL SCHEDULES

## FALL 2018

revised 11/4/18

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

SP = Shallow Pool

DP= Deep Pool

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

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

REVISED 11/4/18