



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

2025 *Schedule Subject to Change

Times	Mon/Wed						Tues/Thurs						Friday						Saturday						Sunday						Times																																																		
	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6																																																			
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10:00 AM	Lap Swim		Water Fitness Classes				Lap Swim		Water Fitness Classes				Lap Swim		Water Fitness Classes				PL	LS	Water Fitness Classes				Swim Lessons						10:00 AM																																																		
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Lap Swim should be an orderly, continuous swim. Swim in a circle at about 5-10 seconds apart. Slower swimmers must allow faster swimmers to pass; wait at the wall until the faster swimmer turns. Staff may have to move lanes to accommodate the pool schedule. Please be patient with the pool availability!! Thank you for your understanding and cooperation!! 1 length = 25 yards

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

*SL = Swim Lessons

*LS = Lap Swim

*OS = Open Swim

*PL= Private Lesson