

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
8:00am	Adult Exercise 8-11am	Adult Exercise 8-10am	Adult Exercise 8-11am	Adult Exercise 8-10am	Adult Exercise 8-10am	NO WARM WATER POOL DURING FAMILY SWIMS		8:00am	
9:00am									9:00am
10:00am		Swimming Lessons 10-10:30am		Swimming Lessons 10-10:30am	Preschool Lessons 10-11			10:00am	
10:30am		Progress Center		Group Lessons				10:30am	
11:00am	Joyful Joints	10:30-11:30am	Joyful Joints	10:30-11:30am	Joyful Joints			11:00am	
11:30am	11-12pm		11-12pm		11-12pm			11:30am	
12:00pm								12:00pm	
1:00pm					Family Swim 1-2:30pm	Family Swim 1-2:30pm	1:00pm		
2:00pm					Children 17 & under with Parent/Guardian	Children 17 & under with Parent/Guardian	2:00pm		
2:30pm					GROUPS ARE NOT ALLOWED DURING OPEN/FAMILY SWIMS			2:30pm	
3:00pm			YMCA After School 3-4pm	Water Yoga 3-4pm			3:00pm		
4:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			4:00pm		
5:00pm	4-6pm	4-6pm	4-6pm	4-6pm			5:00pm		
6:00pm	Open Swim 6-8:30pm	Family Swim 6-8:30pm	Open Swim 6-8:30pm	Family Swim 6-8:30pm			Open Swim 6-7:30pm	6:00pm	
7:30pm		Children 17 & under with Parent/Guardian		Children 17 & under with Parent/Guardian				7:30pm	
8:30pm								8:30pm	

- * Warm Water Therapy Pool (18 and older) is NOT open during special events, group programs or morning swim lessons.
- 30 minute maximum in Warm Water Therapy Pool
- Water in unbreakable container is only beverage allowed on pool decks. NO GLASS