



Large Pool Schedule

Effective January 2024

*** Lap Pool will CLOSE at 11:30AM for the day on Saturday, January 6th & Saturday, January 27th for our Dolphins Swim Meet. The small pool and whirlpool will remain open during this time.***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a-6:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00a-6:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00a-7:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00a-6:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00a-12:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	6:00a-5:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	
8:30a-9:15a Water Aerobics Chris	8:30a-9:15a Water Aerobics Linda	8:30a-9:15a Water Aerobics Chris	8:30a-9:15a Water Aerobics Linda	8:30a-9:15a Water Aerobics Chris	8:30a-9:15a Water Bootcamp Michelle (closed to water walkers during this time)	8:00a-3:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.
9:15a-10a Low-Level Water Aerobics Chris	9:15a-9:50a Water Bike Linda	9:15a-10a Low-Level Water Aerobics Chris	9:15a-9:50a Water Bike Linda	9:15a-10a Low-Level Water Aerobics Chris		
				12:00p – 4:00p POOL CLOSED		
4:00p-6:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.	4:00p-6:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.	4:00p-6:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.	4:00p-6:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.	4:00p-7:45p Lap Swim		
5:15p-6p Water Bootcamp Michelle (closed to water walkers during this time)		5:15p-6p Water Bootcamp Michelle (closed to water walkers during this time)				
6:00p-9:00p YMCA Dolphins Swim Team Practice	6:00p-9:00p YMCA Dolphins Swim Team Practice	7:00p-9:00p YMCA Dolphins Swim Team Practice	6:00p-9:00p YMCA Dolphins Swim Team Practice			



Small Pool Schedule

Effective January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am Water Aerobics Teresa	8:00-11:00am Water Walking	8:00-9:00am Water Aerobics Teresa	8:00-11:00am Water Walking	8:00-9:00am Water Aerobics Teresa	8:00-12:00pm Swim Lessons (Pool closed to non swim lesson participants)	8:00-10:30am Water Walking
9:00-11:00am Water Walking/PT	10:30-11am Dotty Ball	9:00-11:00am Water Walking 10:30-11am Dotty Ball	10:30-11am Dotty Ball	9:00-11:00am Water Walking 10:30-11am Dotty Ball		
11:00am-12:00pm Water Aerobics Cathy	11:00am-12:00pm Water Aerobics Cathy	11:00am-12:00pm Water Aerobics Cathy	11:00am-12:00pm Water Aerobics Cathy	11:00am-12:00pm Water Aerobics Cathy		10:30am-12:00pm Open Swim
12:00-1:00pm Water Walking	12:00-1:00pm Water Walking	12:00-1:00pm Water Walking	12:00-1:00pm Water Walking	12:00-2:30pm Water Walking/Physical Therapy	2:30-5:45pm Open Swim	12:00-3:45pm Family Swim
1:00-4:00pm POOL CLOSED	1:00-4:00pm POOL CLOSED	1:00-4:00pm POOL CLOSED	1:00-4:00pm POOL CLOSED	2:30-5:00pm Open Swim		
4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants)	4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants)	4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants)	4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants)	5:00-7:45pm Family Swim		
7:00-8:45pm Open Swim	7:00-8:45pm Open Swim	7:00-8:45pm Evening Water Walking	7:00-8:45pm Open Swim			