



LARGE POOL SCHEDULE – OCTOBER 2024

YMCA BUILDING HOURS WILL CHANGE ON OCTOBER 21, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5:00a-8:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Aqua Fitness Kim</p> <p>9:15a-10:00a Low Level Water Aerobics</p>	<p>5:00a-8:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Deep Water Aerobics Linda</p> <p>9:15-9:50a Water Bike Linda</p>	<p>5:00a-8:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Aqua Fitness Kim</p> <p>9:15a-10:00a Low Level Water Aerobics</p>	<p>5:00a-8:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Deep Water Aerobics Linda</p> <p>9:15-9:50a Water Bike Linda</p>	<p>5:00a-6:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:30a-9:15a Aqua Fitness Kim</p> <p>9:15a-10:00a Low Level Water Aerobics</p>	<p>6:00a-3:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>8:15-9a Water Bootcamp Michelle (closed to water walkers during this time)</p>	<p>8:00a-1:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.</p>
<p>4:00p-7:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>5:30-6:15p Water Bootcamp Michelle (closed to water walkers during this time)</p>	<p>4:00p-7:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.</p>	<p>4:00p-7:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.</p> <p>5:30-6:15p Water Bootcamp Michelle (closed to water walkers during this time)</p>	<p>4:00p-7:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.</p>			
<p>7:00p-8:45p Lap Swim</p>	<p>7:00p-8:45p Lap Swim</p>	<p>7:00p-8:45p Lap Swim</p>	<p>7:00p-8:45p Lap Swim</p>			



SMALL POOL SCHEDULE – OCTOBER 2024

YMCA BUILDING HOURS WILL CHANGE ON OCTOBER 21, 2024

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00am Warm Water Aerobics Teresa	8:00-10:30am Water Walking	8:00-9:00am Warm Water Aerobics Teresa		8:00-10:30am Water Walking	8:00-9:00am Warm Water Aerobics Teresa	8:00-8:30am Open Swim	8:00-10:30am Water Walking
9:00-11:00am Water Walking/PT	10:30-11:00am Dotty Ball	9:00-11:00am Water Walking	10:30-11:00am Dotty Ball	10:30-11:00am Dotty Ball	9:00-11:00am Water Walking	10:30-11:00am Dotty Ball	8:30-9:00am Swim Lessons (Pool closed to non-swim lesson participants)
11:00am-12:00pm Water Aerobics Cathy	11:00am-12:00pm Aqua Toning Cathy	11:00am-12:00pm Water Aerobics Cathy		11:00am-12:00pm Aqua Toning Cathy	11:00am-12:00pm Warm Water Aerobics Cathy		
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		10:30am-11:00am Open Swim
1:00-4:00pm Open Swim	1:00-4:00pm Open Swim	1:00-4:00pm Open Swim		1:00-4:00pm Open Swim		9:00am-1:00pm Open Swim	11:00am-1:45pm POOL CLOSED
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)	2:30-5:00pm Open Swim	1:00-3:45pm POOL CLOSED	
7:00-8:45pm Open Swim	7:00-8:45pm Open Swim	7:00-8:45pm Open Swim		7:00-8:45pm Open Swim			

Open Swim – The pool is open to all ages for recreational swimming (not intended for water walking)

Dotty Ball – A fun interactive game where you attempt to keep the ball from touching the water! Water walking is allowed during this time as well.