March 15th, 2024 - May 11th, 2024

Pool Activities			5:00 AM	6:00 AM	7:00 AM	8:00 AM	9:00 AM	10:00				1:00 DM	2.00 014	2.00 PM	4.00 DN4	E-00 DN4	6:00 PM	7:00 DN4	8:00 PM	9:00 PM
Pool Activities		Lane 1	3.00 AIVI	6:00 AIVI	7.00 AIVI	6.00 AIVI		_		:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM		9:00 PW
Deep Water		Lane 2					Preschool Swim Lessons 9:30AM-10:45AM (03/19; 4/8)			Preschool Lessons				Group Lessons		REC SWIM				
Tue/Thu 8am-9am	١,	Lane 3	LAP SWIM			<u> </u>	LAP SWIM			REC SWIM 12:00PM-5:15PM				5:30PM-7	5:30PM-7PM (until 4/29)		7PM-9PM			
Saili-Jaili	Monday	Lane 4					LAP SWIWI								Lap Swim					
Sculpting	§	Lane 5	EXERCISE/WATER WALKING			Aqua Tabata 8:20AM- 9:10AM			Aquacise	AFYAP						Aqua Tabata	Sculpting			
Water	-	Lane 6					EXERCISE/WATER WALKING		10:30AM-	11:30AM-	EXERCISE/Lap Swim/WATER WALKING			5:15PM-	Water	EXERCISE/Lap Swim/ WATER WALKING				
Mon/Wed	on/Wed								11:25AM	12PM	, ,			5:55PM	6PM-6:45PM	WATER WALKING				
6:00-6:45pm	┢	Lane 8					Dragghant Cur		m Locana											
Mon/Wed/Fri 9:05am-10am		Lane 1 Lane 2	Streamline 5:30-6:15am LAP SWIM			Preschool Swim Lessons 9:30AM-10:45AM (03/20; 4/9)				REC SWIM 12:00PM-5:15PM			EXER	CISE/Lap Swim	/ WATER Lap Swim					
9:05am-10am	Ι.	Lane 3				М		LAD SWIM						WALKING						
Aquacise Mon/Wed	sday	Lane 4					LAP SWIM			Lap Swim								Special		
	/ednesday Tue	Lane 5	EXERCISE/WATER WALKING			Deep	Sculpting Water										9nm (Olympics		
10:30-11:25am		Lane 6 Lane 7 Lane 8			ALKING	Water					EXERCISE/	EXERCISE/Lap Swim/WATER WALKING			Group	Group Lessons 5:30PM-7PM (until 4/30)		8pm-9pm (no practice		
Chun a unitim a						8-9AM	9:05-10A							5.30PIVI-7	5.50PW-7PW (until 4/50)		03/26)			
Streamline Tues		Lane 1					Preschool Swim Lessons													
5:30-6:15 am		Lane 2	LAP SWIM			9:30AM-10:45AM (03/21; 4/10)			REC SWIM 12:00PM-5:15PM				EXERCISE/Lap Swim/ WATER WALKING		MIW					
Aqua Tabata Mon/Wed 5:15-5:55pm							LAP SWIN		CVA/INA					WATER	WATER WALKING		9PM			
							LAP SVVIIVI				Lap Swim									
		Lane 5 Lane 6 Lane 7 Lane 8	EXERCISE/WATER W		A/A /	Aqua Tabata			Aquacise	AFYAP				Agua Tahata	Aqua Tabata Sculpting		EVEDOIOE# are Outlied			
Mon/Wed/Fri					WALKING	8:20AM- 9:10AM	EXERCISE/WATER WALKING		10:30AM-	11:30AM-	EXERCISE/Lap Swim/WATER WALKING			5:15PM-			EXERCISE/Lap Swim/ WATER WALKING			
8:20-9:10am									11:25AM	12PM				5:55PM						
	Thursday	Lane 1	LAP SWIM			Procehool Swin		Lessons												
Aqua Fit		Lane 2			LAD CIAUNA		Preschool Swim Lessons 9:30AM-10:45AM (03/22; 4/11)				REC SWIM 12:00PM-5:15PM				SE/Lap Swim/ R WALKING	REC SWIM 7PM-9PM				
Saturdays 8:30-9:30am		Lane 3				LAP SWIM									WATER	WATER WALKING /PM-9PM				
							LAP SVVIIVI			Lap Swim										
AFYAP		Lane 5	EXERCISE/WATER WALKING			Deep	Sculpting								0	EVEDOIDE# - 0 ' '				
M/W/F: 11:30a-12p		Lane 6 Lane 7			Water	Water				EXERCISE/Lap Swim/WATER WALKING				D Lessons PM (until 5/2)	EXERCISE/Lap Swim/ WATER WALKING					
REC SWIM	1	Lane 8				8-9AM	9:05-10AM							3.301 W-7			1 W (d1til 5/2)			
WEEKDAYS: 12-5:15pm Mon-		Lane 1																		
Thurs (12-9pm Fri) & 7pm-9pm Mon/Wed/Thu/Fri	Friday	Lane 2	LAP SWIM				LAP SWIM			REC SWIM 12:00PM-9:00PM										
Mon/Wed/Thu/Fri		Lane 3	LAF SWIIVI				LAF SVVIIVI													
SAT/SUN: 12pm-7pm		Lane 4	EXERCISE/WATER WALKIN				EXERCISE/WATER				Lap Swim									
12pm-7pm		Lane 5 Lane 6 Lane 7			MALKING	Aqua Tabata 8:20AM- 9:10AM				AFYAP 11:30AM- 12PM	EXERCISE/Lap Swim/WATER WALKING									
					WALKING				WALKING											
Lap swim changes throught the year	1	Lane 8																		
according to the pool activities.		Lane 1																		
During busy times,		Lane 2				LAP SWIM		C		Special Olympics		REC SWIM 12PM-7PM								
you may be asked to share a lane.		Lane 3						Special Olylli			LAD CLARA									
Please check schedule		Lane 4	OPEN A	OPEN AT 7AM						Lloos	LAP SWIM					CLOSED AT 7 P		7 PM		
*Swimwear is		Lane 5 Lane 6			EXERCISE/	, Aqu		ERCISE/W	ATED	Uses	EXERCISE/Lap Swim /WATER WALKING					0_00				
required for ALL swim activities		Lane 7			WATER WALK	ING 8:30	JAIVI-	WALKIN	Citci	ire pool m-12pm										
		Lane 8				9:30	JAIVI		114	ııı-ızpıii		<u> </u>								
**The pool schedule is		Lane 1																		
subject to change at any time.	Sunday	Lane 2								REC SWIM 12PM-7PM										
For aqua class		Lane 3			N AT NOON				LAD CVA/INA											
descriptions, please see		Lane 4 Lane 5						LAP SWIM						CLOSED AT 7 PM						
FITNESS		Lane 6									EVED 010=# 0 1 #44.T=0									
SCHEDULE		Lane 7							EXERCISE/Lap Swim /WATER WALKING											
		Lane 8																		
Revised 03	3/07	7/2024																		

^{**}Subject to change at any time. Special events and closures will not be reflected on this form. Please see the "pool closures" on the website, or speak to a YMCA staff member. **

