

YMCA POOL SCHEDULE

Effective Monday September 10th

	MON	TUES	WED	THURS	FRI	SAT	SUN		
5:00	YMCA OPENS AT 5:30 am					YMCA OPENS AT 6AM	YMCA OPENS AT 8 AM	5:00	
5:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		5:30	
6:00								6:00	
6:30								6:30	
7:00								7:00	
7:30								7:30	
8:00								8:00	
8:30							8:30		
9:00	Laps & Deep Water	Aqua Physique	Laps & Deep Water	Aqua Physique	Laps & Deep Water	SWIM TEAM	LAP SWIM	9:00	
9:30								9:30	
10:00	WATER AEROBICS	BOCES 10:00-11:00	WATER AEROBICS	BOCES 10:00-11:00	WATER AEROBICS	SWIM LESSONS	OPEN SWIM	10:00	
10:30								10:30	
11:00	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	OPEN SWIM		11:00	
11:30			11:30						
12:00			12:00						
12:30			12:30						
1:00			1:00						
1:30			BOCES 12:30 - 1:30					1:30	
2:00	OPEN SWIM	CLOSED	CLOSED	CLOSED	6			2:00	
2:30								2:30	
3:00		OPEN SWIM	OPEN SWIM	OPEN SWIM			3:00		
3:30							Y closes at 4 pm	3:30	
4:00	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS				4:00		
4:30							4:30		
5:00	STINGERS SWIM TEAM	STINGERS SWIM TEAM	MASTERS SWIM	STINGERS SWIM TEAM	AQUA AMP 5:30 - 6:30	Y Closes at 6 pm	5:00		
5:30							5:30		
6:00							6:00		
6:30							6:30		
7:00					OPEN SWIM	YMCA POOL RULES 1. Proper swim attire required 2. Walk on pool deck 3. Shower before swimming 4. NO HORSEPLAY 5. Children 5 and under must have an adult in the water 6. Children 8 and under must be supervised by an adult 7. Non-swimmers must have an adult in the water 8. NO INFLATABLE FLOATIES	7:00		
7:30		Adult Lessons	STINGERS SWIM TEAM				7:30		
8:00	OPEN SWIM	OPEN SWIM		OPEN SWIM			8:00		
8:30							8:30		
9:00	Y Closes at 9:30PM							9:00	
The McDonald Pool closes 30 minutes before YMCA closes									



LAP SWIM: Lanes 2, 3, 4 for Laps.
Lane 1 for Water Walking.
OPEN SWIM: Open for all members.

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