

\*Womens locker room closed Mon-Fri 1:30-2:30pm & 8:30pm Saturday & Sunday 7-8am &4:30pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 7:50am <b>Open Swim</b> <b>Lap Swim (3)</b>	5:00am - 7:25am Open Swim Lap Swim (3)	5:00am - 6:45am <b>Open Swim</b> <b>Lap Swim (3)</b>	5:00am - 7:25am <b>Open Swim</b> <b>Lap Swim (3)</b>	5:00am - 6:45am <b>Open Swim</b> <b>Lap Swim (3)</b>	CLOSED	CLOSED
6:45am-7:05am Closed (Lifeguard Break)	7:25am-7:45am Closed (Lifeguard Break)	6:45am-7:05am Closed (Lifeguard Break)	7:25am-7:45am Closed (Lifeguard Break)	6:45am-7:05am Closed (Lifeguard Break)	7:00am -4:45pm Open Swim Lap Swim (3)	7:00am - 4:45pm Open Swim Lap Swim (3)
8:00am-8:45am Water Ex Class No Open Swim No Lap Swim	7:45am-10:00am Open Swim Lap Swim (3)	7:05-7:50am <b>Open Swim</b> Lap Swim (3)	7:45am-10:30am Open Swim Lap Swim (3)	7:05am-7:50am Open Swim Lap Swim (3)	9:00am-11:50am Swim Lessons Open Swim	
8:45am-10:05am Open Swim Lap Swim (3)		8:00am-8:45am Water Ex Class No Open Swim No Lap Swim		8:00am-8:45am Water Ex Class No Open Swim No Lap Swim	Lap Swim (3)	11:00am-1:00pm Swim Lessons Open Swim Lap Swim (3)
10:15am-11:00am Water Ex Class No Open Swim No Lap Swim	10:00am-1:30pm Courage Kenny(1) Open Swim Lap Swim (2)	8:45am-10:05am Open Swim Lap Swim (3)	10:30am-1:30pm Courage Kenny (1) Open Swim Lap Swim (2)	8:45am-10:05am Open Swim Lap Swim (3)	11:50am-4:45pm Open Swim Lap Swim (3)	
11:00am-4:00pm Open Swim Lap Swim (3)		10:15am-11:00am Water Ex Class No Open Swim No Lap Swim	1:30pm-3:45pm Closed	10:15am-11:00am Water Ex Class No Open Swim No Lap Swim		1:10pm-2:15pm Swim Lessons (2) Open Swim Lap Swim (1)
	1:30pm-3:45pm Closed	11:00am-1:15pm Open Swim Lap Swim (3)	3:45pm-5:35pm Open Swim Lap Swim (3)	11:00am-1:15pm Open Swim Lap Swim (3)		2:15pm-3:05pm Swim Lessons Open Swim Lap Swim (3)
4:00-5:30 Swim Lessons (3) Open Swim NO LAP SWIM 5:45pm-6:30pm Water Ex	3:45pm-5:10pm Swim Lessons Open Swim Lap Swim (3) 5:10-5:40 Swim Lessons	12:00pm-12:30pm Swim Lessons Open Swim Lap Swim (3) 1:15pm-4:00 Courage Kenny (1)	4:00pm-5:40pm Swim Lessons Open Swim Lap Swim (3) 5:45pm-6:30pm Water Ex	12pm-12:30pm Swim Lessons Open Swim Lap Swim (3)  1:15pm-5:00pm Courage Kenny (1)		3:00pm-4:45pm Open Swim Lap Swim (3)
No Open Swim No Lap Swim	No Open Swim No Lap Swim	Open Swim Lap Swim (2)	No Open Swim No Lap Swim	Open Swim Lap Swim (2)		4.45
5:30pm-5:45pm Swim Lessons (2) Lap Swim (1) No Open Swim	5:45pm-7:00pm Swim Lessons (2) Open Swim Lap Swim (1)	4:00pm-5:10pm Open Swim Lap Swim (3)	5:45-6:30pm Swim Lessons No Open Swim No Lap Swim	4:30pm-6:40pm Swim Lessons Open Swim Lap Swim (3)		4:45pm CLOSED
5:45pm-6:30pm  Swim Lessons  Water Ex  No Open Swim  No Lap Swim		5:10pm-5:40pm Swim Lessons (2) Open Swim Lap Swim (1)	6:30pm-8:45pm Open Swim Lap Swim (3)	6:40pm-8:45pm Open Swim Lap Swim (3)	4:45pm CLOSED	
6:30pm-8:45pm <b>Open Swim</b> Lap Swim (3)	7:00pm-8:45pm Open Swim Lap Swim (3)	5:40pm-7:15pm Swim Lessons Open Swim Lap Swim (3)		8:45pm CLOSED		
8:45pm CLOSED	8:45pm CLOSED	7:15pm-8:45pm Open Swim Lap Swim (3)  8:45pm CLOSED	8:45pm CLOSED			

Pool Schedule subject to change without notice. Lap Swimmers/Walkers may be expected to share a lane during busier hours \*Numbers in parenthesis are the number of lanes available for each activity NO Reservations Required (Except Water Ex Classes)

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 7:45am Hot Tub Sauna	5:00am - 6:45am Hot Tub Sauna	5:00am - 7:25am Hot Tub Sauna	5:00am - 6:45am Hot Tub Sauna	CLOSED	CLOSED
				7:00am-4:45am Hot Tub Sauna	7:00am-4:45am Hot Tub Sauna
7:25am-7:45am Aquatics Area Closed	6:45am-7:05am Aquatics Area Closed	7:25am-7:45am Aquatics Area Closed	6:45am-7:05am Aquatics Area Closed		
7:45am-8:45pm Hot Tub Sauna	6:45am-8:45pm Hot Tub Sauna	7:45am-12:45pm Hot Tub Sauna 12:45pm-1:30pm Sauna ONLY	7:05am-8:45pm Hot Tub Sauna	4:45pm Closed	
1:30pm-3:45pm Aquatics Area Closed		1:30pm-3:45pm Aquatics Area Closed			
3:45pm-8:45pm Hot Tub Sauna		3:45-8:45pm Hot Tub Sauna			4:45pm Closed
8:45pm Closed	8:45pm Closed	8:45pm Closed	8:45pm Closed		
	7:25am-7:45am Hot Tub Sauna  7:25am-7:45am Aquatics Area Closed  7:45am-8:45pm Hot Tub Sauna  1:30pm-3:45pm Aquatics Area Closed  3:45pm-8:45pm Hot Tub Sauna 8:45pm	5:00am - 7:45am         5:00am - 6:45am           Hot Tub         Sauna           7:25am-7:45am         6:45am-7:05am           Aquatics Area         Closed           7:45am-8:45pm         Hot Tub           Sauna         6:45am-8:45pm           Hot Tub         Sauna           1:30pm-3:45pm         Aquatics Area           Closed         3:45pm-8:45pm           Hot Tub         Sauna           8:45pm         8:45pm	5:00am - 7:45am         5:00am - 6:45am         5:00am - 7:25am           Hot Tub         Sauna         5:00am - 7:25am           Fauna         Hot Tub         Sauna           7:25am-7:45am         6:45am-7:05am         7:25am-7:45am           Aquatics Area         Closed         Closed           7:45am-8:45pm         Hot Tub         7:45am-12:45pm           Hot Tub         Sauna         Sauna           12:45pm-1:30pm         Sauna ONLY           1:30pm-3:45pm         Aquatics Area           Closed         3:45-8:45pm           Hot Tub         Sauna           3:45-8:45pm         Hot Tub           Sauna         8:45pm           Closed         8:45pm           Closed         8:45pm	5:00am - 7:45am         5:00am - 6:45am           Hot Tub         Sauna         5:00am - 7:25am           Formula Sauna         6:45am - 6:45am           7:25am-7:45am         6:45am-7:05am           Aquatics Area         Closed         Closed           7:45am-8:45pm         6:45am-7:05am           Hot Tub         Aquatics Area         Closed           7:45am-8:45pm         Hot Tub         Formula Sauna           1:30pm-3:45pm         Hot Tub         Sauna           1:30pm-3:45pm         Aquatics Area         Closed           Closed         3:45-8:45pm         Aquatics Area           Closed         3:45-8:45pm         Hot Tub           Sauna         8:45pm         Best Spm           Closed         8:45pm         Best Spm           Closed         8:45pm         Best Spm           Closed         8:45pm         Best Spm	5:00am - 7:45am

For most up to date schedule, please check online: https://www.ymcanorth.org/all\_y\_schedules/pdf\_schedules

Aquatics Area is subject to close without notice.