

# Fall Pool Schedule

Fall Session: September 29 – December 8, 2024  
 Registration required for all programs.

Building Hours:  
 Monday - Friday 5:30am-9:30pm  
 Saturday 8am-6pm  
 Sunday 8am-4pm

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure
Lane Swim 6-8:50am	Rec Swim 6am-9:45am	Lane/Rec Swim 6-10:20am	Rec Swim 6am-11:50am	Lane Swim 6-8:50am	Rec Swim 6-9:45am	Lane/Rec Swim 6-10:20am	Rec Swim 6-11:50am	Lane Swim 6-8:50am	Rec Swim 6am-9:45am	Lane/Rec Swim 8am-8:50am	Rec Swim 8am-8:50am		
Aquafit 9-9:45am	<b>MEMBERS ONLY</b> 9:50am-12pm		Aqua lite 12-12:45pm	Aquafit 9-9:45am				Aqualite 12-12:45pm		Aquafit 9-9:45am	Swim Lessons 9am-1:00pm		
<b>MEMBERS ONLY</b> 9:50am-12pm	Rec Swim 12:05pm-4:20pm	Aquafit 10:30-11:15am	Rec Swim 12:50-1:50pm	<b>MEMBERS ONLY</b> 9:50am-12pm		Aquafit 10:30-11:15am	Rec Swim 12:50-1:50pm	<b>MEMBERS ONLY</b> 9:50am-12pm		Lane/Rec Swim 1:10-4:30pm	Rec Swim 1:10-4:30pm	SLIDE 2:00-2:30pm AND 3:30-4:00pm	SLIDE 12:00-12:30pm
Lane/Rec Swim 12:05-4:20pm			Cardiac Rehab 2:00pm-3:00pm				Cardiac Rehab 2:00-3:00pm						
Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:30pm	Lane/Rec Swim 11:20am-4:20pm	Rec Swim 3:05-4:20pm	Lane/Rec Swim 12-4:20pm	Rec Swim 12-4:20pm	Lane/Rec Swim 11:20am-4:20pm	Rec Swim 3:05-4:20pm	Lane/Rec Swim 12pm-9pm	Rec Swim 12pm-9pm	SLIDE 6-6:30pm AND 7:30-8pm	SLIDE 2:30-3:30pm	SLIDE 2:30-3:30pm	SLIDE 2:30-3:30pm
Aquafit 7:45-8:30pm	Rec Swim 7:35-9pm	Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:30pm						
Lane/Rec Swim 8:30-9pm		SLIDE 7:35-8pm	Lane/Rec Swim 7:35-9pm	Rec Swim 7:35-9pm SLIDE 7:35-8pm	Aquafit 7:45-8:30pm	Rec Swim 7:35-9pm SLIDE 7:35-8pm	Lane/Rec Swim 7:35-9pm	Rec Swim 7:35-9pm SLIDE 7:35-8pm		Private Birthday Party Rental 4:30-5:30pm	Private Birthday Party Rental 4:30-5:30pm	SLIDE 2:30-3:30pm	SLIDE 2:30-3:30pm

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**Lane Swim:** Open to all lap swimmers. Go at your own pace with fast, medium, and slow lanes in our 20m Lap Pool. We ask participants to circle swim when necessary.

**Open Swim:** Relax and play with your family and friends in all four of our pools.

**Family Swim:** Come out with your little ones and enjoy our Splash, Leisure, and Therapy Pools during this time. Please note that the Lap Pool will not be available during Family Swim as other activities will be scheduled at these times.

**Aquafit:** A full-body workout that uses water resistance, pool noodles, and paddles to increase heart rate and work muscles. The water will help with joint stabilization and body weight support making this an ideal workout for anyone.

**Adult Lessons:** If you are looking to learn better technique, or if you want to learn to swim from the beginning, one of our YMCA Swim Instructors will help you progress in the pool. Available for members only, ages 13+ years. Currently offering levels 1 and 3.

**Level 1:** For beginners looking to become comfortable in the water.

**Level 2:** Must be able to swim one full length of the pool. The purpose of this class is to improve strokes.

**Level 3:** Should be comfortable swimming 200 meters and looking to improve speed and efficiency.

**Junior Lifeguard Club (JLC):** Perfect for youth 10-13 years of age who thrive in an energetic learning environment. JLC keeps youth active in aquatics and helps to develop leadership in those aspiring to become lifeguards. The main program criteria will be based on the Bronze Star Program.

**Advanced Aquatics:** This time is reserved for lifeguarding courses such as Bronze Medallion Bronze Cross, National Lifeguard, and Swim Instructors.

## **CHILDMINDING HOURS**

Drop the kids off and enjoy some YOU time:  
Ages 3m-5y *and* Youth Drop In (6-12y) **Combo**

**AM** - Tuesday Wednesday, Thursday and Friday  
9:00am-1:00pm

**PM** - Monday to Thursday 4:30pm-7:30pm

Please ensure your child is an active member of the YMCA and has been pre-registered for this service. Thanks