



JUNE-AUGUST LAP SWIM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes		
6:00 AM							
7:00 AM	3 Lanes (4-6) Water Ex (1-3)	6 Lanes	3 Lanes (4-6) Water Ex (1-3)	6 Lanes	3 Lanes (4-6) Water Ex (1-3)	3 Lanes (1-3) Masters (4-6)	
8:00 AM	5 Lanes	2 Lanes (4,5) Water Ex (1-3)	5 Lanes	2 Lanes (4,5) Water Ex (1-3)	5 Lanes	2 Lanes (4,5) Water Ex (1-3)	
9:00 AM	2 Lanes (3,4)	2 Lanes (3,4)	2 Lanes (3,4)	2 Lanes (3,4)	3 Lanes (3-5)	2 Lanes (3,4) Water Ex (1,2)	3 Lanes (1-3)
10:00 AM					4 Lanes (1-4)	3 Lanes (3-5)	
11:00 AM	1 Lane (4) Water Ex (1-3)	1 Lane (4) Water Ex (1-3)	1 Lane (4) Water Ex (1-3)	1 Lane (4) Water Ex (1-3)	1 Lane (4) Water Ex (1-3)		
12:00 PM	3 Lanes (3,4,5)	3 Lanes (3,4,5)	3 Lanes (3,4,5)	3 Lanes (3,4,5)		3 Lanes (3-5)	
12:30 PM	4 Lanes (1-4)	4 Lanes (1-4)	4 Lanes (1-4)	4 Lanes (1-4)	4 Lanes (1-4)	4 Lanes (1-4)	
1:00 PM							
2:00 PM							
2:30 PM	3 Lanes (2-4)	3 Lanes (2-4)	3 Lanes (2-4)	3 Lanes (2-4)		4 Lanes (1-4)	
4:30 PM	1 Lane (4)	1 Lane (4)	1 Lane (4)	1 Lane (4)	2 Lanes (4,5)		
5:00 PM							
6:00 PM	3 Lanes (1-3)	3 Lanes (1-3)	3 Lanes (1-3)	3 Lanes (1-3)			
7:00 PM	4 Lanes (1-4)	4 Lanes (1-4)	4 Lanes (1-4)	4 Lanes (1-4)	4 Lanes (1-4)		
8:00 PM							
8:15 PM							

Lanes Available

Please note that the lanes available are based on the programming that will be occurring at that time

Masters Swim

Member benefit and a great work out to start your day!
This is a coached swim class and a good fit if you are training for a triathlon or just want to get back into swimming!

Lap Swim Etiquette

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

If you have a question about the pool or the programming at the pool please see a Lifeguard first or the Aquatic Director. You may also contact us at memartinez@ymca.org.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUNE-AUGUST FAMILY SWIM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Shallow area	Shallow area	Shallow area	Shallow area	Shallow area	Shallow area	
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM	2 Lanes (1,2)	2 Lanes (1,2)	2 Lanes (1,2)	2 Lanes (1,2)	Shallow area and 1 Lane (6)	Shallow area	Shallow area and 2 Lanes (5,6)
10:00 AM					Shallow area and 2 Lanes (5,6)		
11:00 AM	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side	Shallow Area	Shallow area and 1 Lane (6)	
12:00 PM					Shallow area and 2 Lanes (5,6)		
12:30 PM	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side			
1:00 PM					Activity Pool Slide Side	Activity Pool Slide Side	
2:00 PM	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side			Shallow area and 1 Lane (6)
2:30 PM					Activity Pool Slide Side	Activity Pool Slide Side	
3:00 PM	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side			Shallow area and 1 Lane (6)
4:00 PM					Activity Pool Slide Side	Activity Pool Slide Side	
5:00 PM	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side			Shallow area and 1 Lane (6)
6:00 PM					Activity Pool Slide Side	Activity Pool Slide Side	
7:00 PM	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side			Shallow area and 1 Lane (6)
8:00 PM					Activity Pool Slide Side	Activity Pool Slide Side	
8:15 PM	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side	Activity Pool Slide Side			Shallow area and 1 Lane (6)
					Shallow area and 2 Lanes (5,6)	Shallow area and 2 Lanes (5,6)	

Activity Pool Hours **Monday-Friday 12PM-6PM**
Saturday: 12PM-4PM Sunday: 11AM-4PM

SUMMER SWIM LESSON SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM		Shallow Area and 1 Lane (6)		Shallow Area and 1 Lane (6)		1 Lane (6)	
9:00 AM	Shallow Area and 2 Lane (5,6)	Shallow Area and 2 Lane (5,6)	Shallow Area and 2 Lane (5,6)	Shallow Area and 2 Lane (5,6)	2 Lanes (1,2)	Shallow area and 2 Lanes (5,6)	1 Lane (4)
10:00 AM							
11:00 AM							
12:00 PM						2 Lanes (1,2)	
12:30 PM							
1:00 PM							
2:00 PM							
2:30 PM	1 Lane (1)	1 Lane (1)	1 Lane (1)	1 Lane (1)	1 Lane (1)		
3:00 PM	Shallow area and 2 Lanes (5,6)	Shallow area and 2 Lanes (5,6)	Shallow area and 2 Lanes (5,6)	Shallow area and 2 Lanes (5,6)			
4:00 PM							
5:00 PM							
6:00 PM	1 Lane (4)	1 Lane (4)	1 Lane (4)	1 Lane (4)			