



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

January-April 2021

MONDAY & WEDNESDAY				
Time	Lane 1	Lane 2	Lane 3	Open Section
5:00-9:00am	Lap Swim			Open Swim
9:00-10:00am	Lap Swim	Water Aerobics		
10:00-12:00pm	Lap Swim	Swim Lessons		
12:00-2:00pm	Lap Swim			Open Swim
2:00-3:00pm	Lap Swim	Water Aerobics (Wednesday only)		
3:00-3:45pm	Lap Swim			Open Swim
3:45-5:00pm	Lap Swim	Swim Lessons		
5:00-6:00pm	Swim Academy	Swim Lessons		
6:00-8:00pm	Lap Swim	Swim Lessons		
TUESDAY & THURSDAY				
Time	Lane 1	Lane 2	Lane 3	Open Section
5:00-9:00am	Lap Swim			Open Swim
9:00-10:00am	Lap Swim	Water Aerobics		
10:00-3:45pm	Lap Swim			Open Swim
3:45-5:00pm	Lap Swim	Swim Lessons		
5:00-6:00pm	Swim Academy	Swim Lessons		
6:00-7:15pm	Lap Swim	Swim Lessons		
7:15-8:00pm	Foothills Paddling Club Kayaking (Tuesday Only)			
FRIDAY				
Time	Lane 1	Lane 2	Lane 3	Open Section
5:00-9:00am	Lap Swim			Open Swim
9:00-10:00am	Lap Swim	Water Aerobics		
10:00-2:00pm	Lap Swim			Open Swim
2:00-3:00pm	Lap Swim	Water Aerobics		
3:00-3:45pm	Lap Swim			Open Swim
3:00-5:15pm	Lap Swim			YMCA Programming
4:45-7:30pm	Lap Swim			Open Swim
Saturday				
Time	Lane 1	Lane 2	Lane 3	Open Section
7:00-8:30am	Lap Swim			Open Swim
8:30-9:15am	Lap Swim	Swim Lessons		
9:15-10:30am	Swim Lessons			
10:30-12:00pm	Lap Swim	Swim Lessons		
12:00-4:30pm	Lap Swim			Open Swim
Sunday				
CLOSED				

*All pool hours and schedule subject to change *Two people per lane

*Max 20 people in free swim *First come first serve *We ask you to limit pool use to 1 hour

*Open swim is for aerobics, water walking, and family swim.