



NORTHWEST Y POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:00-5:30am									
5:30-6:00am									
6:00-6:30am									
6:30-7:00am									
7:00-7:30am									
7:30-8:00am									
8:00-8:30am		AQUAFIT SHALLOW 8:00-8:45 am TW							
8:30-9:00am									
9:00-9:30am		AQUAFIT SHALLOW 9:00-9:45 am TW		AQUAFIT SHALLOW 9:00-9:45 am TW		SWIM LESSONS 9:00 am-12:00 pm TW + 2 LL			
9:30-10:00am									
10:00-10:30am			AQUAFIT DEEP 10:00-10:45 am LL						
10:30-11:00am									
11:00-11:30am									
11:30am-12:00pm									
12:00-12:30pm	30-MIN RUNNING 11:45 am-12:15 pm LL								
12:30-1:00pm									
1:00-1:30pm									
1:30-2:00pm									
2:00-2:30pm									
2:30-3:00pm									
3:00-3:30pm									
3:30-4:00pm									
4:00-4:30pm									
4:30-5:00pm									
5:00-5:30pm	SWIM LESSONS 5:00-7:00 pm TW + 2 LL		SWIM LESSONS 5:00-7:00 pm TW + 2 LL		LAP LANE RESERVATION 4:30-5:55 pm 3 LL				
5:30-6:00pm									
6:00-6:30pm		SWIM TEAM 5:45-7:00 pm 2 LL			SWIM TEAM 5:45-7:00 pm 2 LL				
6:30-7:00pm									
7:00-7:30pm		LAP LANE RESERVATION 7:00-8:45 pm 3 LL			LAP LANE RESERVATION 7:00-8:45 pm 3 LL				
7:30-8:00pm									
8:00-8:30pm									
8:30-9:00pm									

Pool Participants: The Multipurpose Pool will close 30 minutes before the rest of the YMCA facility.

- Open swim in all areas of the pool
- Entire pool is closed
- Some areas reserved for classes

- LL** -Lap Lanes
- TW** -Teaching Well