



# FALL POOL SCHEDULE

SOUTHEAST

## Main Pool

	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							
8:30-9:00am							
9:00-9:30am	<b>AQUAFIT DEEP</b> 9:00-9:55 am   3 LL	<b>AQUAFIT DEEP</b> 8:50-9:45 am   2 LL	<b>AQUAFIT DEEP</b> 9:00-9:55 am   3 LL	<b>AQUAFIT DEEP</b> 8:50-9:45 am   2 LL	<b>AQUAFIT DEEP</b> 9:00-9:55 am   3 LL		
9:30-10:00am							
10:00-10:30am	<b>AA DEEP</b> 10:00-10:45 am   2 LL		<b>AA DEEP</b> 10:00-10:45 am   2 LL		<b>AA DEEP</b> 10:00-10:45 am   2 LL		
10:30-11:00am							
11:00-11:30am							
11:30am-12:00pm							
12:00-12:30pm	<b>AQUAFIT DEEP</b> 12:00-12:55 pm   2 LL		<b>AQUAFIT DEEP</b> 12:00-12:55 pm   2 LL				
12:30-1:00pm							
1:00-1:30pm							
1:30-2:00pm		<b>CLOSED FOR MAINTENANCE</b> 1:00-3:00 pm			<b>ADULT SWIM LANES</b> 12:55-3:00 pm   2 LL		
2:00-2:30pm	<b>ADULT SWIM LANES</b> 12:55-3:00 pm   2 LL		<b>ADULT SWIM LANES</b> 12:55-3:00 pm   2 LL				
2:30-3:00pm							
3:00-3:30pm							
3:30-4:00pm							
4:00-4:30pm							
4:30-5:00pm	<b>SWIM TEAM</b> 4:15-7:15 pm 3 LL						
5:00-5:30pm							
5:30-6:00pm			<b>SWIM TEAM</b> 4:15-7:15 pm 3 LL		<b>SWIM TEAM</b> 4:15-7:15 pm 3 LL		
6:00-6:30pm							
6:30-7:00pm							<b>SWIM TEAM</b> 6:30-7:00 pm   4 LL
7:00-7:30pm	<b>ENDURANCE</b> 7:15-8:15 pm 2 LL						
7:30-8:00pm							
8:00-8:30pm							
8:30-9:00pm							
9:00-9:30pm							
9:30-10:00pm							

**Pool Participants:**  
 The Main Pool and Hot Tub will close 30 minutes before the rest of the YMCA facility.  
 On Sundays, the Main Pool closes at 7:00 pm.

- Open swim in all areas of the pool
- Entire pool is closed
- Some areas reserved for classes
- LL** - Lap Lanes
- AA** - Arthritis Aquatics



# FALL POOL SCHEDULE

SOUTHEAST

## Multipurpose Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00-5:30am								
5:30-6:00am								
6:00-6:30am								
6:30-7:00am	<b>AQUAFIT SHALLOW</b> 6:15-7:00 am   TW		<b>AQUAFIT SHALLOW</b> 6:15-7:00 am   TW					
7:00-7:30am	<b>ADULT-ONLY OPEN SWIM</b> 7:00-8:30 am TW + 2 LL	<b>ADULT-ONLY OPEN SWIM</b> 7:00-8:30 am TW + 2 LL	<b>ADULT-ONLY OPEN SWIM</b> 7:00-8:30 am TW + 2 LL	<b>ADULT-ONLY OPEN SWIM</b> 7:00-8:30 am TW + 2 LL				
7:30-8:00am								
8:00-8:30am								
8:30-9:00am								
9:00-9:30am	<b>AQUAFIT SHALLOW</b> 9:00-9:55 am   TW	<b>AQUAFIT SHALLOW</b> 9:00-9:55 am   TW	<b>AQUAFIT SHALLOW</b> 9:00-9:55 am   TW	<b>AQUAFIT SHALLOW</b> 9:00-9:55 am   TW	<b>AQUAFIT SHALLOW</b> 9:00-9:55 am   TW	<b>SWIM LESSONS</b> 9:00 am-12:00 pm TW		
9:30-10:00am								
10:00-10:30am		<b>SWIM LESSONS</b> 10:00-10:30 am   TW		<b>SWIM LESSONS</b> 10:00-10:30 am   TW				
10:30-11:00am					<b>HHAL</b> 10:30-11:15 am   2 LL			
11:00-11:30am		<b>AA PLUS</b> 10:45-11:30 am   TW		<b>AA PLUS</b> 10:45-11:30 am   TW				
11:30am-12:00pm						<b>ADULT-ONLY OPEN SWIM</b> 12:00-2:00 pm TW + 2 LL	<b>ADULT-ONLY OPEN SWIM</b> 11:00 am-1:00 pm TW + 2 LL	
12:00-12:30pm	<b>AA BASIC</b> 12:05-12:50 pm   TW		<b>AA BASIC</b> 12:05-12:50 pm   TW		<b>AA BASIC</b> 12:05-12:50 pm   TW			
12:30-1:00pm								
1:00-1:30pm		<b>CLOSED FOR MAINTENANCE</b> 1:00-3:00 pm						
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		<b>SWIM LESSONS</b> 4:45-7:15 pm TW + LL		<b>SWIM LESSONS</b> 4:45-7:15 pm TW + LL				
5:00-5:30pm								
5:30-6:00pm								
6:00-6:30pm	<b>AQUAFIT SHALLOW</b> 6:00-6:55 pm   TW		<b>AQUAFIT SHALLOW</b> 6:00-6:55 pm   TW		<b>AQUAFIT SHALLOW</b> 6:00-6:55 pm   TW			
6:30-7:00pm								
7:00-7:30pm								
7:30-8:00pm								
8:00-8:30pm								
8:30-9:00pm								
9:00-9:30pm								

**Pool Participants:**

The Multipurpose Pool and Hot Tub will close 60 minutes before the rest of the YMCA facility.

The Multipurpose Pool and Hot Tub will close at 7:00 pm on Sundays.

- Open swim in all areas of the pool

- Entire pool is closed

- Some areas reserved for classes

**AA** - Arthritis Aquatics

**LL** - Lap Lanes

**TW** - Teaching Well

**HHAL** - Healthy Hearts & Active Lives