



SOUTHEAST Y MAIN 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							
8:30-9:00am							
9:00-9:30am	AQUAFIT DEEP 9:00-9:55 am 3 LL	AQUAFIT DEEP 8:50-9:45 am 2 LL	AQUAFIT DEEP 9:00-9:55 am 3 LL	AQUAFIT DEEP 8:50-9:45 am 2 LL	AQUAFIT DEEP 9:00-9:55 am 3 LL		
9:30-10:00am							
10:00-10:30am	AA DEEP 10:00-10:45 am 2 LL		AA DEEP 10:00-10:45 am 2 LL		AA DEEP 10:00-10:45 am 2 LL		
10:30-11:00am							
11:00-11:30am							
11:30am-12:00pm							
12:00-12:30pm	AQUAFIT DEEP 12:00-12:55 pm 2 LL		AQUAFIT DEEP 12:00-12:55 pm 2 LL				
12:30-1:00pm							
1:00-1:30pm		CLOSED FOR MAINTENANCE 1:00-3:00 pm					
1:30-2:00pm					ADULT SWIM LANES 12:55-3:00 pm 2 LL		
2:00-2:30pm	ADULT SWIM LANES 12:55-3:00 pm 2 LL			ADULT SWIM LANES 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	SWIM TEAM 4:15-7:15 pm 3 LL						
5:00-5:30pm							
5:30-6:00pm			SWIM TEAM 4:15-7:15 pm 3 LL		SWIM TEAM 4:15-7:15 pm 3 LL		
6:00-6:30pm							
6:30-7:00pm							SWIM TEAM 6:30-7:00 pm 4 LL
7:00-7:30pm	ENDURANCE 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 Saturdays and Sundays, the Main Pool and Hot Tub 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



SOUTHEAST Y MULTIPURPOSE 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	AQUAFIT SHALLOW 6:15-7:00 am TW		AQUAFIT SHALLOW 6:15-7:00 am TW					
7:00-7:30am	ADULT-ONLY OPEN SWIM 7:00-8:30 am TW + 2 LL	ADULT-ONLY OPEN SWIM 7:00-8:30 am TW + 2 LL	ADULT-ONLY OPEN SWIM 7:00-8:30 am TW + 2 LL	ADULT-ONLY OPEN SWIM 7:00-8:30 am TW + 2 LL				
7:30-8:00am								
8:00-8:30am								
8:30-9:00am								
9:00-9:30am	AQUAFIT SHALLOW 9:00-9:55 am TW		AQUAFIT SHALLOW 9:00-9:55 am TW		AQUAFIT SHALLOW 9:00-9:55 am TW	SWIM LESSONS 9:00 am-12:00 pm TW		
9:30-10:00am								
10:00-10:30am		SWIM LESSONS 10:00-10:30 am TW		SWIM LESSONS 10:00-10:30 am TW				
10:30-11:00am					HHAL 10:30-11:15 am 2 LL			
11:00-11:30am		AA PLUS 10:45-11:30 am TW		AA PLUS 10:45-11:30 am TW				
11:30am-12:00pm								ADULT-ONLY OPEN SWIM 11:00 am-1:00 pm TW + 2 LL
12:00-12:30pm	AA BASIC 12:05-12:50 pm TW	AA PLUS 12:00-12:45 pm TW	AA BASIC 12:05-12:50 pm TW		AA BASIC 12:05-12:50 pm TW		ADULT-ONLY OPEN SWIM 12:00-2:00 pm TW + 2 LL	
12:30-1:00pm								
1:00-1:30pm		CLOSED FOR MAINTENANCE 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								
5:00-5:30pm								
5:30-6:00pm		SWIM LESSONS 4:45-7:15 pm TW + LL		SWIM LESSONS 4:45-7:15 pm TW + LL				
6:00-6:30pm	AQUAFIT SHALLOW 6:00-6:55 pm TW				AQUAFIT SHALLOW 6:00-6:55 pm TW	AQUAFIT SHALLOW 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 6:30 pm on Saturdays and 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