



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAINING POOL

SEPTEMBER 12 – DECEMBER 16, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a-4:00p Closed	5:00a-7:00a Lap Swim (6)	5:00a-4:00p Closed	5:00a-7:00a Lap Swim (6)	5:00a-3:30p Closed	6:00a-2:00p Closed	8:00a-12:00p Closed
	7:00a-3:30p Closed		7:00a-3:30p Closed			
3:30p-7:30p SPDY Team Practice	4:00p-7:45p SPDY Team Practice	3:30p-6:45p SPDY Team Practice	4:00p-7:45p SPDY Team Practice	3:30p-6:30p SPDY Team Practice		

All Pools Close 30 Minutes to Y Close

IMPORTANT:

All children under the age of 12 must be accompanied by an adult age 18+ that is on the same membership and participating in the same activity at all times. Adult must accompany all children under 7 into the water.

Lap Swim:

Up to 2 people per lap lane

This schedule is subject to change