



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TRAINING POOL

AUGUST 22ND- SEPTEMBER 5TH (YMCA CLOSED LABOR DAY)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45a-8:00a Member Lap Swim (3) Open Swim (3)	4:45a-9:00a Member Lap Swim (3) Open Swim (3)	4:45a-9:00a Member Lap Swim (3) Open Swim (3)	4:45a-9:00a Member Lap Swim (3) Open Swim (3)	4:45a-8:00a Member Lap Swim (3) Open Swim (3)	6:00a-1:30p Member Lap Swim (3) Open Swim (3)	YMCA Closed
8:00a-8:45a Water Ex (4) Lap Swim (2)	9:00a-9:45a Water Ex (4) Lap Swim (2)	9:00a-9:45a Water Ex (4) Lap Swim (2)	9:00a-9:45a Water Ex (4) Lap Swim (2)	8:00a-8:45a Water Ex (4) Lap Swim (2)		
8:45a-7:30p Member Lap Swim (3) Open Swim (3)	9:45a-7:30p Member Lap Swim (3) Open Swim (3)	9:45a-7:30p Member Lap Swim (3) Open Swim (3)	9:45a-7:30p Member Lap Swim (3) Open Swim (3)	8:45a-7:30p Member Lap Swim (3) Open Swim (3)		

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