

LAP POOL SCHEDULE

Effective November 8, 2022
Rec Swim



Day	Times	Notes
Sunday	10:00 am – 3:00 pm	
Monday – Friday	11:00 am – 3:00 pm	
Saturday	11:00 am – 5:00 pm	

Lap Swim

Drop-In Lanes available unless indicated

Day	Times	Notes
Sunday	10:00 am – 3:00 pm	
Monday – Thursday	5:00 am – 8:30 am	
	8:30 am – 10:00 am	Shared lanes; Swim Programs scheduled in Outdoor Pool
	10:00 am–3:00 pm	
	Lap Lanes Closed – 3:55 pm – 5:00 pm	
	5:00 pm – 8:00 pm	Shared lanes; Swim Programs scheduled in Outdoor Pool
Friday	5:00 am – 3:55 pm	
	Lap Lanes Closed – 3:55pm – 5:00 pm	
	5:00 pm – 7:00 pm	Shared lanes; Swim Programs scheduled in Outdoor Pool
Saturday	7:00 am – 8:00 am	
	8:00 am – 11:00 am	Shared lanes; Swim Programs scheduled in Outdoor Pool
	11:00 am – 5:00 pm	

*** Y SOUTH POOL ***

Day	Times	Notes
Monday, Tuesday, Thursday	4:00 pm – 6:00 pm	Overflow Lap Swim, Programs and Water Walking
Tuesday, Thursday	9:00am – 10:am	Overflow Lap Swim, and Water Walking
Wednesday & Friday	4:00pm – 6:00 pm	Overflow Lap Swim, Water Walking & Y Club Swim

Pool Schedules may change without prior notice. Private lessons may take place at any time. Occasionally the Outdoor Pool may close for swim meets. If this happens, Y South will be open as an alternative swim site if possible. Drop in lap swim lanes are shared by swimmers. Use circle swimming when sharing with more than 2 people. Children 6 and under must be in direct contact with an adult. Non-swimmers must wear a lifejacket if they cannot touch. Children 11 years and under must pass a swim test and have an adult on deck. No monofins or mermaid tails permitted.