

POOL SCHEDULES (Effective March 8, 2023)



INDOOR POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed	9:30 - 10:30am Swim Lessons	9:30 - 10:30am Swim Lessons	Closed	Closed	9:30 - 11:00am Open Swim	Closed
	10:30 - 11:30am Open Swim/Shared	10:30 - 11:30am Open Swim/Shared	10:30 - 11:30am Open Swim/Shared	10:30 - 11:30am Open Swim/Shared		10:00 - 12:00pm Swim Lessons
12:00 - 3:00pm Open Swim	Closed	1:15 - 2:15pm Adult Open Swim/Water Walking	Closed	1:15 - 2:15pm Adult Open Swim/Water Walking	Closed	10:00 - 12:00pm Open Swim/Shared
Closed	3:30 - 5:30pm Swim Lessons	3:30 - 5:30pm Swim Lessons	4:00 - 5:00pm Open Swim /Shared	4:00 - 5:00pm Open Swim /Shared	4:00 - 5:00pm Open Swim	Closed
	4:00-5:00pm Open Swim /Shared	4:00-5:00pm Open Swim /Shared	5:00-5:30pm Swim Lessons	5:00-5:30pm Swim Lessons		1:00 - 4:00pm Open Swim
	Closed	Closed	Closed	Closed	Closed	Closed
	6:30 - 7:30pm Swim Lessons	6:30 - 7:30pm Swim Lessons	6:30 - 7:30pm Open Swim /Shared	6:30 - 7:30pm Open Swim /Shared		
	6:30 - 7:30pm Open Swim /Shared	6:30 - 7:30pm Open Swim /Shared				
	Closed	Closed	Closed	Closed		

Indoor pool is 13 yards x 13 yards

OUTDOOR POOL – Lap Swim Schedule (Drop-In lanes available unless otherwise 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	
	3:00pm -3:55pm	Shared lanes; Swim Programs scheduled in Outdoor Pool
	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 – 10:00 am	Shared lanes; Swim Programs scheduled in Outdoor Pool
	10:00 am – 5:00 pm	

OUTDOOR POOL: Open Swim Availability

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	

Outdoor Pool length is 25 yards

*Please see back for important rules and regulations

Y SOUTH POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed	5:45 - 6:30am Aqua Aerobics Anza	5:45 - 6:30am Aqua Aerobics Sandra	5:45 - 6:30am Aqua Aerobics Anza	5:45 - 6:30am Aqua Tabata Christine	Closed	Closed
	6:45 - 7:30am Aqua HIIT Anza	6:45 - 7:30am Aqua Zumba Alex	6:45 - 7:30am Aqua HIIT Anza	6:45 - 7:30am Aqua Zumba Alex	6:45 - 7:30am Aqua HIIT Anza	
	Closed	Closed	Closed	Closed	Closed	
	8:00 - 8:45am Aqua Aerobics Eileen	8:00 - 8:45am Aqua Aerobics Allison	8:00 - 8:45am Aqua Aerobics Kathy	8:00 - 8:45am Aqua Aerobics Allison	8:00 - 8:45am Aqua Aerobics Allison	9:00 - 10:00am
	Closed	9:00 - 10:00am Lap Swim & Water Walking	Closed	9:00 - 10:00am Lap Swim & Water Walking	Closed	Aqua Aerobics (Rotating Instructors) 1 st Kathy 2 nd Kathy 3 rd Allison 4 th Allison
	12:00 - 1:00pm Aqua Aerobics Kathy	12:00 - 1:00pm Aqua Aerobics Shannon	12:00 - 1:00pm Aqua Aerobics Eileen	12:00 - 1:00pm Aqua Aerobics Eileen	12:00 - 1:00pm Aqua Aerobics Kathy	Closed
	1:15 - 2:15pm Aqua Arthritis Eileen	Closed	1:15 - 2:15pm Aqua Arthritis Eileen	Closed	1:15 - 2:15pm Aqua Arthritis Shannon	
	Closed	Closed	Closed	Closed	Closed	
	4:00 - 5:30pm Open/ Lap Swim	4:00 - 5:30pm Open/ Lap Swim	4:00 - 5:30pm Open/ Lap Swim	4:00 - 5:30pm Open/ Lap Swim	4:00 - 5:30pm Open/ Lap Swim	
	5:30 - 6:30pm Aqua Aerobics Shannon	5:30 - 6:30pm Aqua Zumba Alex	5:30 - 6:30pm Aqua Aerobics Shannon	5:30 - 6:30pm Aqua Zumba Alex	5:30 - 6:30pm Aqua Aerobics Faithe	
	Closed	Closed	Closed	Closed	Closed	

Y SOUTH Pool length is 22 yards

*Schedules may change without prior notice. Private swim lessons may take place at any time. Shared use time may be cancelled at the Aquatic Director's discretion. Swim diapers required for swimmers unable to independently use the bathroom. Non-swimmers must wear a lifejacket if they cannot touch bottom. Children 6 and under must be in direct contact with an adult in the water. Children 11 years and under must pass a swim test and have an adult on deck accompanying them. Lap Swimmers must share lanes if the pool is crowded; use circle swimming when sharing lane with more than two people. Occasionally, the Outdoor Pool may close for swim meets. If this happens, Y South will be open as an alternative swim site if possible. No monofins or mermaid tails permitted