

PROGRAM POOL SCHEDULE

Effective June 19, 2023



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed	5:45 - 6:30am Aqua Aerobics Anza	5:45 - 6:30am Aqua Aerobics Nancy	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	
	8:00 - 8:45am Aqua Aerobics Eileen	8:00 - 8:45am Aqua Aerobics Christine	8:00 - 8:45am Aqua Aerobics Camille	8:00 - 8:45am Aqua Aerobics Kathy	8:00 - 8:45am Aqua Aerobics Nancy	9:00 - 10:00am Aqua Aerobics Rotating Instructors 1 st , 2 nd , 5 th Kathy 3 rd & 4 th Allison
	9:00 - 11:30am Swim Lessons	9:00 - 11:30am Swim Lessons	9:00 - 11:30am Swim Lessons	9:00 - 10:30am Swim Lessons	9:30 - 11:00am Open Swim	10:00am - 1:00 pm Swim Lessons
	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	
12:00pm - 3:00pm Open Swim	1:15 - 2:15pm Aqua Arthritis Eileen	1:15 - 2:15pm Adult Open Swim/Water Walking	1:15 - 2:15pm Aqua Arthritis Eileen	1:15 - 2:15pm Adult Open Swim/Water Walking	1:15 - 2:15pm Aqua Arthritis Shannon	1:00 - 4:00pm Open Swim
Closed	Closed	Closed	Closed	Closed	Closed	Closed
	3:00 - 5:30pm Swim Lessons	3:00 - 5:30pm Swim Lessons	3:00 - 5:30pm Swim Lessons	3:00 - 5:30pm Swim Lessons	3:30 - 5:00pm Open 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 Alison	
	6:30 - 7:30pm Swim Lessons	6:30 - 7:30pm Swim Lessons	6:30 - 7:30pm Swim Lessons	6:30 - 7:30pm Swim Lessons	Closed	

Indoor Program Pool is 13 yards x 13 yards

Y SOUTH POOL SCHEDULE

Day	Times	Notes
Monday - Friday	9:00am - 10:00am	Open Swim, Lap Swim & Water Walking
Monday - Friday	4:00pm - 6:00pm	Open Swim, Lap Swim & Water Walking

Y SOUTH Pool length is 22 yards

LAP POOL SCHEDULE

Effective June 19, 2023



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Lap Swim

(Drop-In lanes available unless otherwise indicated)

Day	Times	Notes
Sunday	10:00 am – 3:00 pm	
Monday – Friday	5:00 am – 9:25 am	
	7:30 am – 9:30 am	LIMITED LANES (FRIDAY ONLY) Swim Programs scheduled in Outdoor Pool
	9:30 am – 10:45 am	Shared lanes; Swim Programs scheduled in Outdoor Pool
	11:00 am – 4:30 pm	
	4:30 pm – 6:00 pm	Shared lanes; Swim Programs scheduled in Outdoor Pool
	6:00 pm – 8:00 pm	
Saturday	7:00 am – 8:00 am	
	8:00 am – 11:00 am	Shared lanes; Swim Programs scheduled in Outdoor Pool
	10:00 am – 5:00 pm	

Open Swim

Day	Times	Notes
Sunday	10:00 am – 3:00 pm	
Monday – Friday	10:45 am – 4:00 pm	
	6:00 pm – 8:00 pm	
Saturday	11:00 am – 5:00 pm	

Outdoor Pool length is 25 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.

No monofins or mermaid tails permitted.

Occasionally, the Outdoor Pool may close for swim meets. If this happens, Y South will be open as an alternative swim site if possible.

When school is out for more than one day swim practice will move to the Saturday Practice Schedule 8:00-11:00am

**Lap Swimmers MUST share lanes if the pool is crowded; use circle swimming when sharing lane with more than two people.