

POOL SCHEDULE

July 24- September 3 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 8:00 am Lap Swim	5:30 - 9:00 am Lap Swim	5:30 - 8:00 am Lap Swim	5:30 - 9:00 am Lap Swim	5:30 - 8:00 am Lap Swim	7:45 - 9:00 am Adult Lap Swim	7:45 - 9:00 am Adult Lap Swim
8:00-9:00 Rise-n-Cise	9:00 - 10:00 am 5 Aquatone B 1 Lap Lane	8:00 - 9:00 am Rise-n-Cise	9:00 - 10:00 am 5 Aquatone B 1 Lap Lane	8:00 - 9:00 am Rise-n-Cise		
9:00 - 10:45 am ½ Open Swim ½ Lap Lanes	10:00 - 11:00am 4 M.O.V.E. 2 Lap Lanes	9:00 - 10:15 am ½ Water Running (9:15) ½ Lap Lanes	10:00 - 11:00am 4 M.O.V.E. 2 Lap Lanes	9:00 - 10:45 am 2 Open Swim 2 SUP 2 Lap Lanes	9:00 am - 12:00 pm ½ Swim Lessons ½ Lap Lanes	
10:45 am - 12:00 pm Full Throttle (10:45) Aquatone A (11:00)	11:00 am - 12:00 pm ½ Open Swim ½ Lap Lanes	10:15 - 10:45 am ½ Open Swim ½ Lap Lanes	11:00 am - 12:00 pm ½ Open Swim ½ Lap Lanes	10:45 am - 12:00 pm Full Throttle (10:45) Aquatone A (11:00)	12:00 am - 1:00 pm Adult Lap Swim	
12:00 - 1:30 pm Adult Lap Lanes	12:00 - 1:30 pm Adult Lap Swim	10:45 am - 12:00 pm Full Throttle (10:45) Aquatone A (11:00)	12:00 - 1:30 pm Adult Lap Swim	12:00 - 1:30 pm Adult Lap Swim		
1:30 - 2:15 pm 4 Senior Splash 2 Lap Lanes	1:30 - 2:15 pm 4 Senior Splash 2 Lap Lanes	12:00 - 1:30pm Adult Lap Swim	1:30 - 2:15 pm 4 Senior Splash 2 Lap Lanes	1:30-2:15pm ½ Open Swim ½ Lap Lanes		
2:15 - 3:15 pm 2 Camp 2 Open Swim 2 Lap Lanes	2:15 - 3:15 pm 2 Camp 2 Open Swim 2 Lap Lanes	1:30-4:00 pm ½ Open Swim ½ Lap Lanes	2:15 - 3:15 pm 2 Camp 2 Open Swim 2 Lap Lanes	2:15-3:15pm 2 Camp 2 Open Swim 2 Lap Lanes	1:00 - 4:00 pm ½ Family Swim ½ Lap Lanes	9:00 am - 4:00 pm ½ Open Swim ½ Lap Lanes
3:15 pm - 4:00 pm ½ Open Swim ½ Lap Lanes	3:15 pm - 4:00 pm ½ Open Swim ½ Lap Lanes	4:00 - 5:45 pm ½ Swim Lessons ½ Lap Lanes	3:15 pm - 4:00 pm ½ Open Swim ½ Lap Lanes	3:15-4:00 ½ Open Swim ½ Lap Lanes		
4:00 - 6:00 pm ½ Swim Lessons ½ Lap Lanes	4:00 - 6:00 pm ½ Swim Lessons ½ Lap Lanes	5:45 pm - 6:15 pm Adult Lap Swim	4:00 - 6:00 pm ½ Swim Lessons ½ Lap Lanes	4:00 pm - 6:00 pm ½ Swim Lessons ½ Lap Lanes		
6:00 - 6:45 pm ½ Lap Lanes ½ Aqua HIIT	6:00 - 7:15 pm CAQY Swim Team	6:15 pm - 8:15pm ½ CAQY Swim Team 2 Swim HIIT (6:15- 7:15 then laps) 1 Lap Lane	6:00 - 7:15 pm CAQY Swim Team	6:00 - 7:15 pm 5 CAQY Swim Team 1 Lap Lane		
6:45-8:15 ½ CAQY Swim Team ½ Lap Lanes	7:15 - 8:15 pm 2 Lap Lanes 4 Muscle to Music	8:15pm - 9:00 pm ½ Open Swim ½ Lap Lanes	7:15 - 8:15 pm 2 Lap Lanes 4 Muscle to Music	7:15 - 9:00 pm ½ Family Swim ½ Lap Lanes		
8:15 - 9:00 pm ½ Open Swim ½ Lap Lanes	8:15 - 9:00 pm ½ Open Swim ½ Lap Lanes		8:15 - 9:00 pm ½ Open Swim ½ Lap Lanes			

This schedule is subject to change.

If changes are noted, they will be posted on the board in the pool area, changed on the app, and updated online at our website.

Please download our app for the most up to date schedule. Thanks!

LITTLE POOL

July 24 - September 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 9:00 am CLOSED	5:30 - 9:00 am CLOSED	5:30 - 9:00 am CLOSED	5:30 - 9:00 am CLOSED	5:30 - 9:00 am CLOSED	7:45 - 9:00 am CLOSED	7:45 - 9:00 am CLOSED
9:00 - 10:00 am CLOSED swim lessons	9:00 - 10:00 am CLOSED swim lessons	9:00 - 10:00 am CLOSED swim lessons	9:00 - 10:00 am CLOSED swim lessons	9:00 - 10:00 am CLOSED swim lessons	9:00 am - 12:15 pm CLOSED swim lessons	
10:00 am - 2:15 pm OPEN SWIM	10:00 am - 2:15 pm OPEN SWIM		10:00 am - 2:15 pm OPEN SWIM	10:00am-11:00am OPEN SWIM		9:00 am -4:00pm OPEN SWIM
				11:00 pm-12:00 pm CLOSED Preschool Summer Camp	12:15 - 4:00 pm OPEN SWIM	
2:15 pm -3:15 pm CLOSED Summer Camp	2:15 pm -3:15 pm CLOSED Summer Camp	10:00 am - 9:00 pm OPEN SWIM	2:15 pm -3:15 pm CLOSED Summer Camp	12:00 pm - 2:15 pm OPEN SWIM		
				2:15 pm -3:15 pm CLOSED Summer Camp		
3:15 pm -9:00 pm OPEN SWIM	3:15 pm -9:00 pm OPEN SWIM		3:15 pm - 9:00 pm OPEN SWIM	3:15 pm - 9:00 pm OPEN SWIM		

Important Information:

- The Little Pool & Pool is **closed** during scheduled YMCA programs
- Water exercise classes are at an additional cost
- If no one is water walking, lap swimmers may use lane until a water walker arrives.
- Please allow 5 minutes in between to move lane lines
- Schedule is subject to change!