



# WITHNELL FAMILY YMCA

## Pool Schedule

October 1st – November 30th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
5:00 AM	Closed					Closed	Closed						
5:30 AM	<h1>Lap Swim</h1>												
6:00 AM													
6:30 AM													
7:00 AM													
7:30 AM													
8:00 AM								WATERinMotion® Aqua Exercise		WATERinMotion® Aqua Exercise			
8:30 AM	<b>Lap Swim</b>												
9:00 AM						*Limited Open/ Lap (2 Lap Lane)		*Limited Open/ Lap (2 Lap Lane)		<b>Lessons (8:30–11am)</b>			
9:30 AM								*Limited Open/ Lap (2 Lap Lane)					
10:00 AM						*Limited Open/ Lap (2 Lap Lane)		Adaptive Swim				<b>*Limited Open/ Lap (2 Lap Lane)</b>	
10:30 AM								Pre-School					
11:00 AM						*Limited Open/ Lap (2 Lap Lane)		WATERinMotion® Platinum Aqua Exercise					
11:30 AM	*Limited Open/ Lap (2 Lap Lane)												
12:00 PM	*Limited Open/ Lap (2 Lap Lane)		*Limited Open/ Lap (2 Lap Lane)										
12:30 PM			*Limited Open/ Lap (2 Lap Lane)										
1:00 PM	Closed					<b>Lap Swim</b>							
1:30 PM													
2:00 PM													
2:30 PM	<h1>Open Swim</h1>					<b>Family and Open Swim</b>							
3:00 PM													
3:30 PM													
4:00 PM													
4:30 PM													
5:00 PM								Lessons				Adaptive Swim	
5:30 PM	<h1>Swim Team</h1>					<b>Closed 6:30 PM</b>							
6:00 PM													
6:30 PM													
7:00 PM	<b>Family and Open Swim</b>					<b>Closed 6:00 PM</b>							
7:30 PM													
8:00 PM													
8:30 PM	Closed 8:30 PM												

**\*No toys available at this time**