



# WITHNELL FAMILY YMCA

## Pool Schedule

**December 1st – 16th**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Closed					Closed	
5:30 AM	Lap Swim (M/W/F 5:30–9am, T/H 5:30–8am)						
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	*Limited Open/ Lap (2 Lap Lane)	WATERinMotion® Aqua Exercise		WATERinMotion® Aqua Exercise	*Limited Open/ Lap (2 Lap Lane)	Lap Swim (7–8:30am)	
9:30 AM		*Limited Open/ Lap (2 Lap Lane)	*Limited Open/ Lap (2 Lap Lane)	*Limited Open/ Lap (2 Lap Lane)		Lessons (8:30–11am)	
10:00 AM		Adaptive Swim	Pre-School				
10:30 AM							
11:00 AM		WATERinMotion® Platinum Aqua Exercise		WATERinMotion® Platinum Aqua Exercise			
11:30 AM		*Limited Open/ Lap (2 Lap Lane)	*Limited Open/ Lap (2 Lap Lane)	Reserved for Community Partner			
12:00 PM							
12:30 PM							
1:00 PM	Closed (1–3pm)					Lap Swim (1–2:30pm)	
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Open Swim (3–5pm)					Family and Open Swim	
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Lessons				Adaptive Swim	Closed 6:30 PM	
5:30 PM							
6:00 PM	Swim Team						
6:30 PM							
7:00 PM							
7:30 PM	Family and Open Swim (7:30–8:30pm)					Closed 6:30 PM	Closed 6:00 PM
8:00 PM							
8:30 PM	Closed 8:30 PM						

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