



WITHNELL FAMILY YMCA

Pool Schedule

Starting April 1st, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00 AM	Closed					Closed		
5:30 AM	Lap Swim							Lap Swim
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM	Aqua Fitness & Limited Lap*		Aqua Fitness & Limited Lap*		Lessons (8:30-11am)			
8:30 AM	Aqua Fitness & Limited Lap*		Aqua Fitness & Limited Lap*					
9:00 AM	Limited Open/ Lap* (9-11am)	Limited Open/ Lap* (9-11am)	Limited Open/ Lap*	Limited Open/ Lap*				Limited Open/ Lap* (9-2pm)
9:30 AM			Adaptive Swim & Limited Lap*	Pre-School				
10:00 AM			Aqua Fitness			Aqua Fitness		
10:30 AM	Aqua Fitness		Aqua Fitness					
11:00 AM	Aqua Fitness		Aqua Fitness			Limited Lap and Private Lessons (11-1pm)		
11:30 AM	Aqua Fitness		Aqua Fitness					
12:00 PM	Aqua Fitness		Aqua Fitness					
12:30 PM	Limited Open/ Lap* (12-2pm)	Limited Open/ Lap* (12-2pm)	Limited Open/ Lap* (12-2pm)	Community Partner		Lap Swim (1-2pm)		
1:00 PM								
1:30 PM								
2:00 PM	Closed (2-3pm)						Family and Open Swim	
2:30 PM	Closed (2-3pm)							
3:00 PM	Open Swim (3-5pm)							
3:30 PM								
4:00 PM								
4:30 PM	Lessons		Lessons					
5:00 PM	Lessons				Aqua Fitness (5-6pm)			
5:30 PM	Lessons				Aqua Fitness (5-6pm)			
6:00 PM	Swim Team					Closed 6:30 PM		
6:30 PM								
7:00 PM							Adaptive Swim & Limited lap*	
7:30 PM	Family and Open Swim (7:30-8:30pm)						Closed 6:30 PM	
8:00 PM								
8:30 PM								Closed 8:30 PM

***2 lap lanes available at this time**