



# WITHNELL FAMILY YMCA

## Pool Schedule | July 8th– August 31st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00 AM	Closed					Closed	Closed	
5:30 AM	<b>Lap Swim (5:30am open)</b>							Lap Swim
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM	Aqua Fitness (8-9am)		Aqua Fitness (8-9am)		Lessons (8:30-11am)			
8:30 AM								
9:00 AM	Summer Swim Team (9-10am) until August 2nd							Lessons (8:30-11am)
9:30 AM								
10:00 AM	Swim Lessons (10-11am)				Y Camps	Limited Lap and Private Lessons (11-1pm)		
10:30 AM								
11:00 AM	Aqua Fitness (11-12pm)	Aqua Fitness (11-12pm)	Aqua Fitness (11-12pm)	Aqua Fitness (11-12pm)	Y Camps	Limited Lap and Private Lessons (11-1pm)		
11:30 AM								
12:00 PM	Lap Swim (12-1:30pm)					Family and Open Swim (1-6:30pm)	Lap Swim (1-2pm)	
12:30 PM								
1:00 PM	<b>Open Swim (1:30-5pm)</b>					Family and Open Swim (1-6:30pm)	Family and Open Swim (2-6pm)	
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM	Lessons (4:30-6pm)	Lessons (5-6pm)	Lessons (4:30-6pm)	Lessons (5-6pm)	Aqua Fitness (5-6pm)			
4:00 PM								
4:30 PM	Swim Team					Closed 6:30 PM	Closed 6:00 PM	
5:00 PM								
5:30 PM	Adaptive Swim & Limited lap*							
6:00 PM	<b>Family and Open Swim (7:30-8:30pm)</b>					Closed 6:30 PM	Closed 6:00 PM	
6:30 PM								
7:00 PM								
7:30 PM	Closed 8:30 PM							
8:00 PM								
8:30 PM	Closed 8:30 PM							

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