



WITHNELL FAMILY YMCA

Pool Schedule | July 29th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
5:00 AM	Closed					Closed	Closed						
5:30 AM	<h3>Lap Swim (5:30-10AM)</h3>							Closed	Closed				
6:00 AM													
6:30 AM													
7:00 AM													
7:30 AM													
8:00 AM										Aqua Fitness (8-9AM)		Aqua Fitness (8-9AM)	
8:30 AM													
9:00 AM													
9:30 AM													
10:00 AM						2 Lanes Limited Lap & 2 Lanes Open Swim (10-11AM)					Lap Swim	Closed	
10:30 AM													
11:00 AM	Aqua Fitness (11AM-12PM)	Aqua Fitness (11AM-12PM)	Aqua Fitness (11AM-12PM)	Aqua Fitness (11AM-12PM)	Y Camps	Lessons (8:30-11AM)	Closed						
11:30 AM													
12:00 PM	2 Lanes Limited Lap & 2 Lanes Open Swim (12-1:30M)					Limited Lap and Private Lessons (11-1PM)	Closed						
12:30 PM													
1:00 PM	<h3>Open Swim (1:30-6PM)</h3>					Family and Open Swim (1-6:30PM)	Lap Swim (1-2PM)						
1:30 PM													
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM													
4:00 PM													
4:30 PM							Lessons (4:30-6PM)	Lessons (5-6PM)	Lessons (4:30-6PM)	Lessons (5-6PM)			
5:00 PM													
5:30 PM													
6:00 PM	Swim Team					Closed 6:30 PM	Closed 6:00 PM						
6:30 PM													
7:00 PM	Adaptive Swim & Limited lap*												
7:30 PM	Family and Open Swim (7:30-8:30PM)												
8:00 PM	Closed 8:30 PM												
8:30 PM	Closed 8:30 PM												

*2 lap lanes available at this time