



WITHNELL FAMILY YMCA

Pool Schedule | Starting September 29th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00 AM	Closed					Closed		
5:30 AM	Lap Swim (5:30-10AM)							Lap Swim (7-8:30AM)
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	2 Lanes Limited Lap* & 2 Lanes Open Swim (10-1PM)							Limited Lap* and Private Lessons (11-1PM)
9:30 AM								
10:00 AM	Aqua Fitness (11AM-12PM)					Limited Lap* and Private Lessons (11-1PM)		
10:30 AM								
11:00 AM	Aqua Fitness (11AM-12PM)					Limited Lap* and Private Lessons (11-1PM)		
11:30 AM								
12:00 PM	Closed for Community Partners (1-2PM)					Lap Swim (1-2PM)		
12:30 PM								
1:00 PM	Open Swim (2-5PM)					Family and Open Swim (1-6:30PM)	Lap Swim (1-2PM)	
1:30 PM								
2:00 PM	Open Swim (2-5PM)					Family and Open Swim (1-6:30PM)	Family and Open Swim (2-6PM)	
2:30 PM								
3:00 PM	Open Swim (2-5PM)					Family and Open Swim (1-6:30PM)	Family and Open Swim (2-6PM)	
3:30 PM								
4:00 PM	Open Swim (2-5PM)					Family and Open Swim (1-6:30PM)	Family and Open Swim (2-6PM)	
4:30 PM								
5:00 PM	Swim Lessons (5-6:30PM)				Open Swim (5-5:30PM)	Family and Open Swim (1-6:30PM)	Family and Open Swim (2-6PM)	
5:30 PM	Swim Lessons (5-6:30PM)				Aqua Fitness (5:30-6:30PM)			
6:00 PM	Swim Team (6:30-8:30PM)					Swim Team (6:30-7:30PM)	Closed 6:30PM	
6:30 PM								
7:00 PM	Swim Team (6:30-8:30PM)					Swim Team (6:30-7:30PM)	Closed 6:30PM	
7:30 PM								
8:00 PM	Swim Team (6:30-8:30PM)					Lap Swim (7:30-9PM)	Closed 6:30PM	
8:30 PM								
8:30 PM	Aqua Fitness (8:30-9PM)	Closed 8:30PM	Aqua Fitness (8:30-9PM)	Closed 8:30PM	Closed 9PM	Closed 6:30PM		
9:00 PM	Closed 9PM		Closed 9PM		Closed 9PM			

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