



# WITHNELL FAMILY YMCA

## Pool Schedule | Starting November 1st

|          | 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 |   |               |                          |          |                     |                                 |                              |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 10:30 AM |   |               |                          |          |                     |                                 |                              |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 11:00 AM |   |               |                          |          |                     |                                 |                              |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 11:30 AM | Aqua Fitness (11AM-12PM)                          |               | Aqua Fitness (11AM-12PM) |          |                     |                                 |                              |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 12:00 PM | Closed for Community Partners (1-2PM)             |               |                          |          |                     | Family and Open Swim (1-6:30PM) | Lap Swim (1-2PM)             |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 1:30 PM  | Open Swim (2-5PM)                                 |               |                          |          |                     |                                 | Family and Open Swim (2-6PM) |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 2:00 PM  |   |               |                          |          |                     |                                 |                              |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 2:30 PM  |   |               |                          |          |                     |                                 |                              |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 3:00 PM  |   |               |                          |          |                     |                                 |                              |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 3:30 PM  |   |               |                          |          |                     |                                 |                              |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 4:00 PM  | Swim Lessons (5-6:30PM)                           |               |                          |          |                     |                                 | Open Swim (5-5:30PM)         |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 4:30 PM  |   |               |                          |          |                     |                                 |                              | Swim Team (6:30-8:30PM)                   |  |  |                     |                         | Aqua Fitness (5:30-6:30PM) |  |  |  |               |                         |  |
| 5:00 PM  |   |               |                          |          |                     |                                 |                              |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 5:30 PM  | Swim Team (6:30-8:30PM)                           |               |                          |          |                     |                                 | Swim Team (6:30-7:30PM)      | Closed 6PM                                |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 6:00 PM  |   |               |                          |          |                     | Swim Team (6:30-8:30PM)         |                              |   |  |  | Lap Swim (7:30-9PM) |                         |                            |  |  |  |               |                         |  |
| 6:30 PM  |   |               |                          |          |                     |                                 |                              |   |  |  |                     | Swim Team (6:30-8:30PM) |                            |  |  |  | Closed 6:30PM |                         |  |
| 7:00 PM  |   |               |                          |          |                     |                                 |                              |   |  |  |                     |                         |                            |  |  |  |               | Swim Team (6:30-8:30PM) |  |
| 7:30 PM  | Swim Team (6:30-8:30PM)                           |               |                          |          |                     | Closed 6:30PM                   |                              |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 8:00 PM  |   |               |                          |          |                     |                                 | Swim Team (6:30-8:30PM)      |   |  |  |                     | Closed 6:30PM           |                            |  |  |  |               |                         |  |
| 8:30 PM  | Aqua Fitness (8:30-9PM)                           | Closed 8:30PM |                          |          |                     |                                 |                              |   |  |  |                     |                         |                            |  |  |  |               |                         |  |
| 9:00 PM  | Closed 9PM  | Closed 8:30PM |                          |          | Closed 9PM          |                                 |                              |   |  |  |                     |                         |                            |  |  |  |               |                         |  |

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