



WITHNELL FAMILY YMCA

Fall Pool Schedule | September 7th – October 4th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
5:00AM	CLOSED					CLOSED				
5:30AM	LAP SWIM (5:30–7AM)									
6:00AM										
6:30AM										
7:00AM	*Limited Lap/ Fitness (7–8AM)					LAP SWIM (7–8:30M)				
7:30AM	AQUA FITNESS (8–9AM)				*LIMITED LAP (8–9AM)					
8:00AM										
8:30AM	*Limited Lap/ Fitness (9–11AM)					LESSONS (8:30–12PM)				
9:00AM										
9:30AM										
10:00AM										
10:30AM										
11:00AM							Aqua fitness (11–12PM)	*Limited Lap till (12PM)	Aqua Fitness (11–12PM)	*Limited Lap till (12PM)
11:30AM										
12:00PM							Lap Swim (12–1:30PM)			
12:30PM										
1:00PM										
1:30PM	Pool Closed (1:30–3:30PM)					FAMILY AND OPEN SWIM (1–6:30PM)	LAP SWIM (1–2PM)			
2:00PM										
2:30PM										
3:00PM										
3:30PM	Open Swim(3:30–5PM)							Family Swim (2–3:30PM)		
4:00PM										
4:30PM										
5:00PM	Lap Swim(5–6PM)				Open Swim till (5:30PM)		Open Swim (3:30–6PM)			
5:30PM					Aqua Fitness (5:30–6PM)					
6:00PM	Swim Team (6–8PM)				Swim Team (6–7PM)	CLOSED 6:30PM	CLOSED 6PM			
6:30PM										
7:00PM					Family Swim (7–9PM)					
7:30PM										
8:00PM	ADULT SWIM (8–9PM)	OPEN SWIM (8–9PM)	ADULT SWIM (8–9PM)	OPEN SWIM (8–9PM)						
8:30PM										
9:00PM	CLOSED 9PM									