

Multi-Purpose Pool Schedule



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SCHEDULE
(9/11/20 - TBD)

MONDAY

****WATER WALKING / INDV EXERCISE**
5:00am-6:00am
(1 person per section)
(30 minute sessions)

****SHALLOW WATER AQUA FITNESS**
11 SLOTS
6:00am-6:45am

****WATER WALKING / INDV EXERCISE**
7:00am-10:30am
(1 person per section)
(30 minute sessions)

GROUP LESSONS
10:30am-11:30am
POOL CLOSED FOR LESSONS

****WATER WALKING / INDV EXERCISE**
11:30am-4:30pm
(1 person per section)
(30 minute sessions)

GROUP LESSONS
4:30pm-6:30pm
POOL CLOSED FOR LESSONS

BUILDING CLOSES AT 7PM
POOLS CLOSE 15 MINUTES BEFORE BUILDING

TUESDAY

****WATER WALKING / INDV EXERCISE**
5:00am-10:30am
(1 person per section)
(30 minute sessions)

****AQUA ARTHRITIS**
11 SLOTS
10:30am-11:15am

****WATER WALKING / INDV EXERCISE**
11:30am-6:45pm
(1 person per section)
(30 minute sessions)

BUILDING CLOSES AT 7PM
POOLS CLOSE 15 MINUTES BEFORE BUILDING

WEDNESDAY

****WATER WALKING / INDV EXERCISE**
5:00am-6:00am
(1 person per section)
(30 minute sessions)

****SHALLOW WATER AQUA FITNESS**
11 SLOTS
6:00am-6:45am

****WATER WALKING / INDV EXERCISE**
7:00am-6:45pm
(1 person per section)
(30 minute sessions)

BUILDING CLOSES AT 7PM
POOLS CLOSE 15 MINUTES BEFORE BUILDING

THURSDAY

****WATER WALKING / INDV EXERCISE**
5:00am-10:30am
(1 person per section)
(30 minute sessions)

****AQUA ARTHRITIS**
11 SLOTS
10:30am-11:15am

****WATER WALKING / INDV EXERCISE**
11:30am-6:45pm
(1 person per section)
(30 minute sessions)

BUILDING CLOSES AT 7PM
POOLS CLOSE 15 MINUTES BEFORE BUILDING

FRIDAY

****WATER WALKING / INDV EXERCISE**
5:00am-6:00am
(1 person per section)
(30 minute sessions)

****SHALLOW WATER AQUA FITNESS**
11 SLOTS
6:00am-6:45am

****WATER WALKING / INDV EXERCISE**
7:00am-4:00pm
(1 person per section)
(30 minute sessions)

***Family Swim**
4:00pm-6:45pm
(limited space)
(30 minute sessions)

BUILDING CLOSES AT 7PM
POOLS CLOSE 15 MINUTES BEFORE BUILDING

SATURDAY

****SHALLOW WATER AQUA FITNESS**
9 SLOTS
7:15am-8:00am

****WATER WALKING / INDV EXERCISE**
8:00am-9:00am
(1 person per section)
(30 minute sessions)

GROUP LESSONS
9:00am-12:30pm
POOL CLOSED FOR LESSONS

***Family Swim**
12:30pm-3:45pm
(limited space)
(30 minute sessions)

BUILDING CLOSES AT 4PM
POOLS CLOSE 15 MINUTES BEFORE BUILDING

SUNDAY

****WATER WALKING / INDV EXERCISE**
7:00am-9:00am
(1 person per section)
(30 minute sessions)

****SHALLOW WATER AQUA FITNESS**
9 SLOTS
9:00am-9:45am

GROUP LESSONS
10:00am-12:15pm
POOL CLOSED FOR LESSONS

***Family Swim**
12:15pm-3:45pm
(limited space)
(30 minute sessions)

BUILDING CLOSES AT 4PM
POOLS CLOSE 15 MINUTES BEFORE BUILDING

KEY

*Zero depth area open at this time (Red Zone).

**Zero depth area closed at this time (Red Zone).

Spa closed until further notice.

*Pool schedule subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.

*Parents with children 7 and younger **MUST BE IN THE POOL WITHIN ARMS REACH OF THEM AT ALL TIMES.**

*Must shower prior to entering pools. Use shower on deck.

- All individual or family sessions will be limited to 30 minutes.
- Masks must be worn on deck at all times. Masks may be removed when swimmers are entering the water.
- Family Swim sessions are limited to 5 blocks within our Multi-Purpose Pool. One household per block.
- Water Walking / Individual Exercise limited 11 blocks within our Multi-Purpose Pool.
- Swimmers may bring their own equipment to the pool.

If you have questions about our Multi-Purpose Pool Schedule please contact Charles Halapin at charles.halapin@ghymca.org.

Lap Pool Schedule



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MONDAY

5:00am-4:30pm
4 lanes open
(2 persons per lane)
(30 minute sessions)

4:30pm-5:30pm
POOL CLOSED FOR SWIM TEAM

5:30pm-6:45pm
4 lanes open
(2 persons per lane)
(30 minute sessions)

TUESDAY

5:00am-4:30pm
4 lanes open
(2 persons per lane)
(30 minute sessions)

4:30pm-5:30pm
POOL CLOSED FOR SWIM TEAM

5:30pm-6:45pm
4 lanes open
(2 persons per lane)
(30 minute sessions)

WEDNESDAY

5:00am-4:30pm
4 lanes open
(2 persons per lane)
(30 minute sessions)

4:30pm-5:30pm
POOL CLOSED FOR SWIM TEAM

5:30pm-6:45pm
4 lanes open
(2 persons per lane)
(30 minute sessions)

THURSDAY

5:00am-4:30pm
4 lanes open
(2 persons per lane)
(30 minute sessions)

4:30pm-5:30pm
POOL CLOSED FOR SWIM TEAM

5:30pm-6:45pm
4 lanes open
(2 persons per lane)
(30 minute sessions)

FRIDAY

5:00am-4:30pm
4 lanes open
(2 persons per lane)
(30 minute sessions)

4:30pm-5:30pm
POOL CLOSED FOR SWIM TEAM

5:30pm-6:45pm
4 lanes open
(2 persons per lane)
(30 minute sessions)

SATURDAY

7:00am-3:45am
4 lanes open
(2 persons per lane)
(30 minute sessions)

SUNDAY

7:00am-10:00am
4 lanes open
(2 persons per lane)
(30 minute sessions)

10:00am-2:00pm
POOL CLOSED FOR SWIM TEAM

2:00pm-3:45pm
4 lanes open
(2 persons per lane)
(30 minute sessions)

KEY

*Spa closed until further notice.

*Pool schedule is subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.

*Parents with children 7 and younger MUST BE IN THE POOL WITHIN ARMS REACH OF THEM AT ALL TIMES.

*Must shower prior to entering pools. Use shower on MPP deck.

*Lap swim use only.

- **Masks must be worn on deck at all times. Masks may be removed when swimmers are entering the water.**
- **Lap swim is restricted to two swimmers per lane. Each swimmer will enter at opposite ends.**
- **Swimmers will be asked to adhere to 30 minute time limits.**
- **Swimmers must provide their own equipment.**

If you have questions about our Lap Pool Schedule, please contact Charles Halapin at charles.halapin@ghymca.org.