

# HALE YMCA Youth & Family Center

## Aquatics Schedule - Lap Pool



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Session - Winter**

1/4/21-3/28/2021

### MONDAY

Pool Opens 5 AM  
5:00 AM - 7:00 AM  
Lap Swim (4 Lanes)  
Masters Swim (4 lanes)

7:00AM - 8:45 AM  
Lap Swim (8 Lanes)

8:45 AM - 10:00 AM  
**Aqua Fitness Only**

10:00 AM - 4:30 PM  
Lap Swim (8 Lanes)

4:30PM - 6:00 PM  
Lap Swim (5Lanes)  
Swim Lessons (2 lanes)

6:00PM - 6:30 PM  
Lap Swim (6 Lanes)  
Youth Swim (2 lanes)

Pool Closes 6:30 PM

### TUESDAY

Pool Opens 5 AM  
5:00 AM - 8:45 AM  
Lap Swim (8 Lanes)

8:45 AM - 10:00 AM  
**Aqua Fitness Only**

10:00 AM - 4:30 PM  
Lap Swim (8 Lanes)

4:30PM - 6:00 PM  
Lap Swim (5Lanes)  
Swim Lessons (2 lanes)

6:00PM - 6:30 PM  
Lap Swim (6 Lanes)  
Youth Swim (2 lanes)

Pool Closes 6:30 PM

### WEDNESDAY

Pool Opens 5 AM  
5:00 AM - 7:00 AM  
Lap Swim (4 Lanes)  
Masters Swim (4 lanes)

7:00AM - 8:45 AM  
Lap Swim (8 Lanes)

8:45 AM - 10:00 AM  
**Aqua Fitness Only**

10:00 AM - 4:30 PM  
Lap Swim (8 Lanes)

4:30PM - 6:00 PM  
Lap Swim (5Lanes)  
Swim Lessons (2 lanes)

6:00PM - 6:30 PM  
Lap Swim (6 Lanes)  
Youth Swim (2 lanes)

Pool Closes 6:30 PM

### THURSDAY

Pool Opens 5 AM  
5:00 AM - 8:45 AM  
Lap Swim (8 Lanes)

8:45 AM - 10:00 AM  
**Aqua Fitness Only**

10:00 AM - 4:30 PM  
Lap Swim (8 Lanes)

4:30PM - 6:00 PM  
Lap Swim (5Lanes)  
Swim Lessons (2 lanes)

6:00PM - 6:30 PM  
Lap Swim (6 Lanes)  
Youth Swim (2 lanes)

Pool Closes 6:30 PM

### FRIDAY

Pool Opens 5 AM  
5:00 AM - 7:00 AM  
Lap Swim (4 Lanes)  
Masters Swim (4 lanes)

7:00AM - 8:45 AM  
Lap Swim (8 Lanes)

8:45 AM - 10:00 AM  
**Aqua Fitness Only**

10:00 AM - 4:30 PM  
Lap Swim (8 Lanes)

4:30PM - 6:30 PM  
Lap Swim (6Lanes)  
Youth Swim (2 lanes)

Pool Closes 6:30 PM

### SATURDAY

Pool Opens 7 AM  
7:00 AM - 8:45 AM  
Lap Swim (8 Lanes)

8:45 AM - 9:30 AM  
Lap Swim (3Lanes)  
Aqua Fitness (5 lanes)

9:30 AM - 10:00 AM  
Aqua Fitness (5 lanes)  
Swim Lessons (2 lanes)

10:00 AM - 12:00 PM  
Lap Swim (5Lanes)  
Swim Lessons (2 lanes)

12:00 PM - 12:30 PM  
Lap Swim (8 Lanes)

Pool Closes 12:30  
PM

### SUNDAY

Pool Opens 7 AM  
7:00 AM - 11:00 AM  
Lap Swim (8 Lanes)

11:00 AM - 12:00 PM  
Lap Swim (5Lanes)  
Swim Lessons (2 lanes)

12:00 PM - 12:30 PM  
Lap Swim (8 Lanes)

Pool Closes 12:30  
PM

**\*While Group Swim Lessons are being held, there must be an empty lane separating the lesson from the lap swimmers**

# HALE YMCA Youth & Family Center

Aquatics Schedule - Warm Water Pool



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Session - Winter

1/4/21-3/28/2021

## MONDAY

Pool Opens 9 AM

9:00 AM - 1:00 PM

Open Swim (4 lanes)

1:00 PM - 3:00 PM

**Hybrid Swim ONLY**

3:00 PM - 4:30 PM

Open Swim (4 lanes)

4:30 PM - 6:15 PM

Swim Lessons (2 lanes)

Open Swim (2 lanes)

6:15 PM - 6:30 PM

Open Swim (4 lanes)

Pool Closes 6:30 PM

## TUESDAY

Pool Opens 9 AM

9:00 AM - 10:00 AM

Open Swim (4 lanes)

10:00 AM - 11:15 AM

Swim Lessons (1 lane)

Open Swim (3 lanes)

11:15 AM - 12:30 PM

**Gentle Joints Only**

12:30 PM - 1:00 PM

Open Swim (4 lanes)

1:00 PM - 3:00 PM

**Hybrid Swim ONLY**

3:00 PM - 4:30 PM

Open Swim (4 lanes)

4:30 PM - 6:15 PM

Swim Lessons (2 lanes)

Open Swim (2 lanes)

6:15 PM - 6:30 PM

Open Swim (4 lanes)

Pool Closes 6:30 PM

## WEDNESDAY

Pool Opens 9 AM

9:00 AM - 1:00 PM

Open Swim (4 lanes)

1:00 PM - 3:00 PM

**Hybrid Swim Only**

3:00 PM - 4:30 PM

Open Swim (4 lanes)

4:30 PM - 6:15 PM

Swim Lessons (2 lanes)

Open Swim (2 lanes)

6:15 PM - 6:30 PM

Open Swim (4 lanes)

Pool Closes 6:30 PM

## THURSDAY

Pool Opens 9 AM

9:00 AM - 11:15 AM

Open Swim (4 lanes)

11:15 AM - 12:30 PM

**Gentle Joints Only**

1:00 PM - 3:00 PM

**Hybrid Swim Only**

3:00 PM - 4:30 PM

Open Swim (4 lanes)

4:00 PM - 6:15 PM

Swim Lessons (2 lanes)

Open Swim (2 lanes)

6:15 PM - 6:30 PM

Open Swim (4 lanes)

Pool Closes 6:30 PM

## FRIDAY

Pool Opens 9 AM

9:00 AM - 1:00 PM

Open Swim (4 lanes)

1:00 PM - 3:00 PM

**Hybrid Swim Only**

3:00 PM - 6:30 PM

Open Swim (4 lanes)

Pool Closes 6:30 PM

## SATURDAY

Pool Opens 9 AM

9:00 AM - 11:30 AM

Swim Lessons (2 lanes)

Open Swim (2 lanes)

11:15 AM - 12:30 PM

Open Swim (4 lanes)

Pool Closes 12:30

PM

## SUNDAY

Pool Opens 9 AM

9:00 AM - 11:15 AM

Swim Lessons (2 lanes)

Open Swim (2 lanes)

11:15 AM - 12:30 PM

Open Swim (4 lanes)

\*Please bring your own noodle/pool toys and Coast Guard approved personal floatation device

Pool Closes 12:30

PM

**\*Warm Water Pool is Closed every Monday - Friday 1pm-3pm for Hybrid Swim and every Tuesday and Thursday 11:15a-12:30p for Aqua Fitness Class**