

HALE YMCA Youth & Family Center

Aquatics Schedule - Lap Pool



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Session - Winter

3/1/21-3/28/2021

MONDAY

Pool Opens 5 AM

5:00 AM - 7:00 AM

Lap Swim (5 Lanes)

Masters Swim (3 lanes)

7:00AM - 8:45 AM

Lap Swim (8 Lanes)

8:45 AM - 10:00 AM

Aqua Fitness Only

10:00 AM - 3:30 PM

Lap Swim (8 Lanes)

3:30PM - 4:30 PM

Lap Swim (5Lanes)

Swim Team (3 lanes)

4:30PM - 6:30 PM

Lap Swim (4Lanes)

Swim Team (4 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 - 3:30 PM

Lap Swim (8 Lanes)

3:30PM - 4:30 PM

Lap Swim (5 Lanes)

Swim Team (3 lanes)

4:30PM - 6:30 PM

Lap Swim (4 Lanes)

Swim Team (4 lanes)

Pool Closes 6:30 PM

WEDNESDAY

Pool Opens 5 AM

5:00 AM - 7:00 AM

Lap Swim (5 Lanes)

Masters Swim (3 lanes)

7:00AM - 8:45 AM

Lap Swim (8 Lanes)

8:45 AM - 10:00 AM

Aqua Fitness Only

10:00 AM - 3:30 PM

Lap Swim (8 Lanes)

3:30PM - 4:30 PM

Lap Swim (5 Lanes)

Swim Team (3 lanes)

4:30PM - 6:30 PM

Lap Swim (4 Lanes)

Swim Team (4 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 - 3:30 PM

Lap Swim (8 Lanes)

3:30PM - 4:30 PM

Lap Swim (5 Lanes)

Swim Team (3 lanes)

4:30PM - 6:30 PM

Lap Swim (4 Lanes)

Swim Team (4 lanes)

Pool Closes 6:30 PM

FRIDAY

Pool Opens 5 AM

5:00 AM - 7:00 AM

Lap Swim (5 Lanes)

Masters Swim (3 lanes)

7:00AM - 8:45 AM

Lap Swim (8 Lanes)

8:45 AM - 10:00 AM

Aqua Fitness Only

10:00 AM - 3:30 PM

Lap Swim (8 Lanes)

3:30PM - 4:30 PM

Lap Swim (5 Lanes)

Swim Team (3 lanes)

4:30PM - 6:30 PM

Lap Swim (4 Lanes)

Swim Team (4 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 (3 Lanes)

Aqua Fitness (5 lanes)

9:30 AM - 10:00 AM

Lap Swim (1 Lanes)

Aqua Fitness (5 lanes)

Swim Lesson (2 lanes)

10:00 AM - 12:00 AM

Lap Swim (6 Lanes)

Swim Lesson (2 lanes)

12:00 AM - 12:30 PM

Lap Swim (8 Lanes)

Pool Closes 12:30

PM

SUNDAY

Pool Opens 7 AM

7:00 AM - 12:30 AM

Lap Swim (8 Lanes)

Pool Closes 12:30

PM

***3/1 & 3/2 will have swim team 2:30p-3:30p in 2 lanes**

HALE YMCA Youth & Family Center

Aquatics Schedule - Warm Water Pool



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Session - Winter

3/1/21-3/28/2021

MONDAY

Pool Opens 9 AM

9:00 AM - 1:00 PM

Open Swim (5 lanes)

1:00 PM - 3:00 PM

Hybrid Swim ONLY

3:00 PM - 4:30 PM

Open Swim (5 lanes)

4:30PM - 6:30 PM

Open Swim (3 Lanes)
Swim Lessons (2 lanes)

Pool Closes 6:30 PM

TUESDAY

Pool Opens 9 AM

9:00 AM - 11:15 AM

Open Swim (5 lanes)

10:00 AM - 10:30 AM

Open Swim (3Lanes)
Swim Lessons (2 lanes)

11:15 AM - 12:30 PM

Gentle Joints Only

12:30 PM - 1:00 PM

Open Swim (5 lanes)

1:00 PM - 3:00 PM

Hybrid Swim ONLY

3:00 PM - 4:30 PM

Open Swim (5 lanes)

4:30PM - 6:30 PM

Open Swim (3 Lanes)
Swim Lessons (2 lanes)

Pool Closes 6:30 PM

WEDNESDAY

Pool Opens 9 AM

9:00 AM - 1:00 PM

Open Swim (5 lanes)

1:00 PM - 3:00 PM

Hybrid Swim Only

3:00 PM - 4:30 PM

Open Swim (5 lanes)

4:30PM - 6:30 PM

Open Swim (3 Lanes)
Swim Lessons (2 lanes)

Pool Closes 6:30 PM

THURSDAY

Pool Opens 9 AM

9:00 AM - 1:00 PM

Open Swim (5 lanes)

1:00 PM - 3:00 PM

Hybrid Swim Only

3:00 PM - 4:30 PM

Open Swim (5 lanes)

4:30PM - 6:30 PM

Open Swim (3 Lanes)
Swim Lessons (2 lanes)

Pool Closes 6:30 PM

FRIDAY

Pool Opens 9 AM

9:00 AM - 1:00 PM

Open Swim (5 lanes)

1:00 PM - 3:00 PM

Hybrid Swim Only

3:00 PM - 6:30 PM

Open Swim (5 lanes)

Pool Closes 6:30 PM

SATURDAY

Pool Opens 9 AM

9:00 AM - 12:00 PM

Open Swim (1 lanes)
Swim Lessons (4 lanes)

12:00 PM - 12:30 PM

Open Swim (5 lanes)

Pool Closes 12:30
PM

SUNDAY

Pool Opens 9 AM

9:00 AM - 12:30 PM

Open Swim (5 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 at 11:15a-12:30p for Aqua Fitness Class**