



YMCA AQUATIC CENTER POOL SCHEDULE

DAILY LAP SWIM SCHEDULE

Time

MONDAY

Comp. Pool	5:30am-3:00pm & 7:00pm-8:30pm
Dive Well	5:30am-3:00pm & 7:00pm-8:30pm
Teaching Pool	8:00am-5:00pm & 7:00pm-8:00pm

TUESDAY

Comp. Pool	5:30am-3:00pm & 7:00pm-8:30pm
Dive Well	5:30am-3:00pm & 7:00pm-8:30pm
Teaching Pool	8:00am-5:00pm & 7:00pm-8:00pm

WEDNESDAY

Comp. Pool	5:30am-3:00pm & 7:00pm-8:30pm
Dive Well	5:30am-3:00pm & 7:00pm-8:30pm
Teaching Pool	8:00am-5:00pm & 7:00pm-8:00pm

THURSDAY

Comp. Pool	5:30am-3:00pm & 7:00pm-8:30pm
Dive Well	5:30am-3:00pm & 7:00pm-8:30pm
Teaching Pool	8:00am-5:00pm & 7:00pm-8:00pm

FRIDAY

Comp. Pool	5:30am-3:00pm & 7:00pm-8:30pm
Dive Well	5:30am-3:00pm & 7:00pm-8:30pm
Teaching Pool	8:00am-5:00pm & 7:00pm-8:00pm

SATURDAY

Comp. Pool	8:00am-4:00pm
Dive Well	8:00am-4:00pm
Teaching Pool	8:00am-3:30pm

There are a limited number of member lanes available from 5:00pm-7:00pm due to Aquatic Center programming.

***Subject schedule to change due to meets.**

MEMBER BENEFIT PROGRAMS

TRI CLUB

Monday/Wednesday/Friday
5:30am

Masters Swim

Monday/Wednesday/Friday
11:30am
Monday-Thursday
7:00pm

WATER FITNESS

Tuesday/Thursday
8:00am
Monday-Thursday

11:00am

AQUA ZUMBA

Friday
11:00am

OPEN POLO

Monday/Wednesday
7:00pm