



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE – FAMILY POOL

JAMES P. GILLS FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am to 6:00am	POOL OPENS AT 5:30 Lap Swim 3 Lanes Open Swim	POOL OPENS AT 5:30 Lap Swim 3 Lanes Open Swim	POOL OPENS AT 5:30 Lap Swim 3 Lanes Open Swim	POOL OPENS AT 5:30 Lap Swim 3 Lanes Open Swim	POOL OPENS AT 5:30 Lap Swim 3 Lanes Open Swim	CLOSED	CLOSED
6:00am to 9:00 am	Lap Swim 3 Lanes Open Swim	Lap Swim 3 Lanes Open Swim	Lap Swim 3 Lanes Open Swim	Lap Swim 3 Lanes Open Swim	Lap Swim 3 Lanes Open Swim	POOL OPENS AT 7:30 Lap Swim 2 Lanes Open Swim	CLOSED
9:00am to 10:00 am	Open Swim Lap Swim 2 Lanes Swim lessons	Open Swim Lap Swim 2 Lanes	Open Swim Lap Swim 2 Lanes Swim Lessons	Open Swim Lap Swim 2 Lanes Swim Lessons	Open Swim Lap Swim 2 Lanes	Lap Swim 2 Lanes Swim Lessons Open Swim	CLOSED
10:00am to 11:00am	Lap Swim 2 Lanes Aqua Zumba 10:00 to 11:00	Lap Swim 2 Lanes Cardio H2O 10:00 to 11:00	Lap Swim 2 Lanes Aqua Zumba 10:00 to 11:00	Lap Swim 2 Lanes Cardio H2O 10:00 to 11:00	Lap Swim 2 Lanes Cardio H2O 10:00 to 11:00	Lap Swim 2 Lanes Swim Lessons Open Swim	CLOSED
11:00am to 12:00pm	Lap Swim 2 Lanes Water Pilates 11:00 to 12:00	Lap Swim 2 Lanes Deep Water (Competition Pool) 11:00 to 12:00	Lap Swim 2 Lanes Cardio H2O 11:00 to 12:00	Lap Swim 2 Lanes Deep Water (Competition Pool) 11:00 to 12:00	Lap Swim 2 Lanes Deep Water (Competition Pool) 11:00 to 12:00	Lap Swim 2 Lanes Open Swim	CLOSED
12:00pm to 3:00 pm	Lap Swim 2 Lanes Open Swim	Lap Swim 2 Lanes Open Swim	Lap Swim 2 Lanes Open Swim	Lap Swim 2 Lanes Open Swim	Lap Swim 2 Lanes Open Swim	Lap Swim 2 Lanes Open Swim	POOL OPENS AT 11:30 Lap Swim 2 Lanes Open Swim
3:00pm to 5:00 pm	Lap Swim 3 Lanes Open Swim	Lap Swim 3 Lanes Open Swim Swim Lessons	Lap Swim 3 Lanes Open Swim	Lap Swim 3 Lanes Open Swim Swim Lessons	Lap Swim 3 Lanes Open Swim	Lap Swim 2 Lanes Open Swim POOL CLOSSES AT 5:30	Lap Swim 2 Lanes Open Swim POOL CLOSSES AT 5:30
5:00pm to 7:30 pm	Lap Swim 2 Lanes Open Swim	Lap Swim 2 Lanes Open Swim Swim Lessons	Lap Swim 3 Lanes Open Swim	Lap Swim 2 Lanes Open Swim Swim Lessons	Lap Swim 2 Lanes Open Swim	CLOSED	CLOSED
7:30 pm to 9:30pm	Lap Swim 2 Lanes Open Swim POOL CLOSSES AT 9:30	Lap Swim 2 Lanes Open Swim POOL CLOSSES AT 9:30	Lap Swim 2 Lanes Open Swim POOL CLOSSES AT 9:30	Lap Swim 2 Lanes Open Swim POOL CLOSSES AT 9:30	Lap Swim 2 Lanes Open Swim POOL CLOSSES AT 9:30	CLOSED	CLOSED

Open Swim: Open area for relaxed swimming, water walking and stretching.

Slide Hours: Monday, Tuesday, Thursday and Friday from 5pm to 7pm. Saturdays & Sundays from 12pm to 5pm

Diving Board Hours: Saturdays & Sundays from 12pm to 5pm



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AQUATICS SCHEDULE - COMPETITION POOL

JAMES P. GILLS FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am to 6:30am	CLOSED	CLOSED	Lap Swim 6 Lanes	CLOSED	Master Swim Team 3 Lanes Lap Swim 3 Lanes	CLOSED	CLOSED
6:30am to 8:00am	CLOSED	CLOSED	Lap Swim 6 Lanes	CLOSED	Lap Swim 6 Lanes	CLOSED	CLOSED
8:00am to 11:00am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
11:00am to 12:00pm	CLOSED	Deep Water Aerobics Lap Swim 3 Lanes	CLOSED	Deep Water Aerobics Lap Swim 3 Lanes	Deep Water Aerobics Lap Swim 3 Lanes	CLOSED	CLOSED
12:00pm to 3:30pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Lap Swim 3 Lanes Diving Board Open	Lap Swim 3 Lanes Diving Board Open
3:30pm to 5:30pm	Swim Team 6 Lanes	Swim Team 6 Lanes	Swim Team 6 Lanes	Swim Team 6 Lanes	Swim Team 6 Lanes	Lap Swim 3 Lanes Diving Board Open POOL CLOSSES AT 5:00pm	Lap Swim 3 Lanes Diving Board Open POOL CLOSSES AT 5:00pm
5:30pm to 7:00pm	Swim Team 6 Lanes	Swim Team Stroke Development 6 Lanes	Swim Team 6 Lanes	Swim Team Stroke Development 6 Lanes	Swim Team 6 Lanes	CLOSED	CLOSED
7:00pm to 9:00pm	Lap Swim 6 Lanes POOL CLOSSES AT 9:00pm	Lap Swim 6 Lanes POOL CLOSSES AT 9:00pm	Lap Swim 6 Lanes POOL CLOSSES AT 9:00pm	Lap Swim 6 Lanes POOL CLOSSES AT 9:00pm	Lap Swim 6 Lanes POOL CLOSSES AT 9:00pm	CLOSED	CLOSED

**Diving Board Hours: 12-5pm
(Saturdays & Sundays)**