



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE – FAMILY POOL

	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	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 Swim Lessons Open Swim	CLOSED
10:00am to 11:00am	Lap Swim 2 Lanes Aqua Zumba 10:00 to 11:00 Open Swim	Lap Swim 2 Lanes Cardio H2O 10:00 to 11:00 Open Swim	Lap Swim 2 Lanes Aqua Zumba 10:00 to 11:00 Open Swim	Lap Swim 2 Lanes Cardio H2O 10:00 to 11:00 Open Swim	Lap Swim 2 Lanes Cardio H2O 10:00 to 11:00 Open Swim	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 YMCA Camps 12:00 to 3:00 Open Swim	Lap Swim 2 Lanes Deep Water (Competition Pool) 11:00 to 12:00 YMCA Camps 11:00 to 3:00 Open Swim	Lap Swim 2 Lanes Water Bootcamp 11:00 to 12:00 YMCA Camps 12:00 to 3:00 Open Swim	Lap Swim 2 Lanes Deep Water (Competition Pool) 11:00 to 12:00 YMCA Camps 11:00 to 3:00 Open Swim	Lap Swim 2 Lanes Deep Water (Competition Pool) 11:00 to 12:00 YMCA Camps 11:00 to 3:00 Open Swim	Lap Swim 2 Lanes Open Swim	CLOSED
12:00pm to 3:00 pm	Lap Swim 1 Lane YMCA Camps 12:00 to 3:00 Open Swim	Lap Swim 1 Lane YMCA Camps 11:00 to 3:00 Open Swim	Lap Swim 1 Lane YMCA Camps 12:00 to 3:00 Open Swim	Lap Swim 1 Lane YMCA Camps 11:00 to 3:00 Open Swim	Lap Swim 1 Lane YMCA Camps 11:00 to 3:00 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 1 Lane Open Swim Swim Lessons starting at 4:20pm	Lap Swim 1 Lane Open Swim Swim Lessons starting at 4:20pm	Lap Swim 1 Lane Open Swim Swim Lessons starting at 4:20pm	Lap Swim 1 Lane Open Swim Swim Lessons starting at 4:20pm	Lap Swim 1 Lane Open Swim	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 5:30	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 5:30
5:00pm to 7:00 pm	Lap Swim 1 Lane Open Swim Swim Lessons	Lap Swim 1 Lane Open Swim Swim Lessons	Lap Swim 1 Lane Open Swim Swim Lessons	Lap Swim 1 Lane Open Swim Swim Lessons	Lap Swim 2 Lanes Open Swim	CLOSED	CLOSED
7:00 pm to 9:30pm	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 9:30	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 9:30	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 9:30	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 9:30	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 9:30	CLOSED	CLOSED

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

Slide Hours: Every day 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 6:00am	POOL OPENS AT 5:30 Lap Swim 6 Lanes	POOL OPENS AT 5:30 Lap Swim 6 Lanes	POOL OPENS AT 5:30 Lap Swim 6 Lanes	POOL OPENS AT 5:30 Lap Swim 6 Lanes	POOL OPENS AT 5:30 Master Swim Team 2 Lanes Lap Swim 4 Lanes	CLOSED	CLOSED
6:00am to 8:00am	Swim Team 5 Lanes	Swim Team 5 Lanes	Swim Team 5 Lanes	Swim Team 5 Lanes	Swim Team 4 Lanes Master Swim Team 2 Lanes	POOL OPENS AT 7:30	CLOSED
8:00am to 9:00am	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 4 Lanes	Lap Swim 3 Lanes	CLOSED
9:00am to 11:00am	Lap Swim 3 Lanes Swim lessons	Lap Swim 3 Lanes Swim lessons	Lap Swim 3 Lanes Swim lessons	Lap Swim 3 Lanes Swim lessons	Lap Swim 3 Lanes	Lap Swim 3 Lanes	CLOSED
11:00am to 3:00pm	Lap Swim 3 Lanes YMCA Camps 11:00 to 3:00	Deep Water Aerobics 11am to 12pm Lap Swim 3 Lanes YMCA Camps 12:00 to 3:00	Lap Swim 3 Lanes YMCA Camps 11:00 to 3:00	Deep Water Aerobics 11am to 12pm Lap Swim 3 Lanes YMCA Camps 12:00 to 3:00	Deep Water Aerobics 11am to 12pm Lap Swim 3 Lanes YMCA Camps 12:00 to 3:00	Lap Swim 3 Lanes	POOL OPENS AT 12:00pm Lap Swim 3 Lanes
3:00pm to 5:00pm	Lap Swim 3 lanes	Lap Swim 3 lanes	Lap Swim 3 lanes	Lap Swim 3 lanes	Lap Swim 3 lanes	Lap Swim 3 Lanes POOL CLOSES AT 5:00pm	Lap Swim 3 Lanes POOL CLOSES AT 5:00pm
5:00pm to 7:00pm	Swim Team Stroke Development 6 Lanes	Swim Team Stroke Development 6 Lanes	Swim Team Stroke Development 6 Lanes	Swim Team Stroke Development 6 Lanes	Swim Team 5 Lanes	CLOSED	CLOSED
7:00pm to 9:00pm	Lap Swim 6 Lanes POOL CLOSES AT 9:00pm	Master Swim Team 8pm to 9pm 2 Lanes Lap Swim 4 Lanes POOL CLOSES AT 9:00pm	Lap Swim 6 Lanes POOL CLOSES AT 9:00pm	Lap Swim 6 Lanes POOL CLOSES AT 9:00pm	Lap Swim 6 Lanes POOL CLOSES AT 9:00pm	CLOSED	CLOSED

Slide Hours: 12-5pm
Diving Board Hours: 12-5pm
(Every day of the week)