

POOL SCHEDULE

April 20th – June 6th



MONDAY

5:30 a.m. – 6:30 a.m. Master's Swim, 3 Lap Lanes
6:30 a.m. – 8:00 a.m. Open Swim, 6 Lap Lanes
8:00 a.m. – 8:45 a.m. Water Fitness, 3 Lap Lanes
8:45 a.m. – 9:30 a.m. Open Swim, 6 Lap Lanes
9:30 a.m. – 10:15 a.m. Sore No More, 3 Lap Lanes
10:15 a.m. – 1:00 p.m. Open Swim, 6 Lap Lanes
1:00 p.m. – 4:00 p.m. Pool & Sauna Closed
4:00 p.m. – 5:15 p.m. Open Swim, 3 Lap Lanes
5:15 p.m. – 6:00 p.m. Water Fitness, 3 Lap Lanes
6:00 p.m. – 7:30 p.m. Gators Swim Team, (0 Lap Lanes)

TUESDAY

5:30 a.m. – 6:30 a.m. Sunrise Fitness, 4 Lap Lanes
6:30 a.m. – 8:00 a.m. Open Swim, 6 Lap Lanes
8:00 a.m. – 8:45 a.m. Hydro Cuffs, 3 Lap Lanes
8:45 a.m. – 9:30 a.m. Open Swim, 6 Lap Lanes
9:30 a.m. – 10:15 a.m. Sore No More, 3 Lap Lanes
10:15 a.m. – 4:30 p.m. Open Swim, 6 Lap Lanes
4:30 p.m. – 6:30 p.m. Swimming Lessons, 3 Lap Lanes
6:30 p.m. – 7:30 p.m. Gators Swim Team, (0 Lap Lanes)

WEDNESDAY

5:30 a.m. – 6:30 a.m. Master's Swim, 3 Lap Lanes
6:30 a.m. – 8:00 a.m. Open Swim, 6 Lap Lanes
8:00 a.m. – 8:45 a.m. Water Fitness, 3 Lap Lanes
8:45 a.m. – 9:30 a.m. Open Swim, 6 Lap Lanes
9:30 a.m. – 10:15 a.m. Sore No More, 3 Lap Lanes
10:15 a.m. – 1:00 p.m. Open Swim, 6 Lap Lanes
1:00 p.m. – 4:00 p.m. Pool & Sauna Closed
4:00 p.m. – 5:15 p.m. Open Swim, 3 Lap Lanes
5:15 p.m. – 6:00 p.m. Water Fitness, 3 Lap Lanes
6:00 p.m. – 7:30 p.m. Gators Swim Team, (0 Lap Lanes)

THURSDAY

5:30 a.m. – 6:30 a.m. Sunrise Fitness, 4 Lap Lanes
6:30 a.m. – 8:00 a.m. Open Swim, 6 Lap Lanes
8:00 a.m. – 8:45 a.m. Hydro Cuffs, 3 Lap Lanes
8:45 a.m. – 9:30 a.m. Open Swim, 6 Lap Lanes
9:30 a.m. – 10:15 a.m. Sore No More, 3 Lap Lanes
10:15 a.m. – 4:30 p.m. Open Swim, 6 Lap Lanes
4:30 p.m. – 6:30 p.m. Swimming Lessons, 3 Lap Lanes
6:30 p.m. – 7:30 p.m. Gators Swim Team, (0 Lap Lanes)

FRIDAY

5:30 a.m. – 6:30 a.m. Master's Swim, 3 Lap Lanes
6:30 a.m. – 8:00 a.m. Open Swim, 6 Lap Lanes
8:00 a.m. – 8:45 a.m. Water Fitness, 3 Lap Lanes
8:45 a.m. – 9:30 a.m. Open Swim, 6 Lap Lanes
9:30 a.m. – 10:15 a.m. Sore No More, 3 Lap Lanes
10:15 a.m. – 2:00 p.m. Open Swim, 3 Lap Lanes
2:00 p.m. – 3:00 p.m. YMCA Kids Club, 3 Lap Lanes
3:00 p.m. – 7:30 p.m. Open Swim, 3 Lap Lanes

SATURDAY

7:00 a.m. – 9:00 a.m. Open Swim, 3 Lap Lanes
9:00 a.m. – 11:00 a.m. Swimming Lessons, 3 Lap Lanes
11:00 a.m. – 2:00 p.m. Open Swim, 3 Lap Lanes
2:00 p.m. – 3:00 p.m. Pool & Sauna Closed

SUNDAY

8:00 a.m. – 10:00 a.m. Adult Open Swim (18+), 3 Lap Lanes
10:00 a.m. – 2:00 p.m. Open Swim, 3 Lap Lanes
2:00 p.m. – 3:00 p.m. Pool & Sauna Closed

**THE SAUNA IS CLOSED
WHEN THE POOL IS
CLOSED.**

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