

# POOL SCHEDULE

June 29<sup>th</sup> – July 5<sup>th</sup>



## 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. – 11:50 a.m. Summer School Lessons (0 Lap Lanes)  
11:50 a.m. – 1:00 p.m. Adult Open Swim, 6 Lap Lanes  
1:00 p.m. – 4:00 p.m. Summer School Lessons (0 Lap Lanes)  
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. – 6:30 p.m. Open Swim, 3 Lap Lanes  
6:30 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. – 11:50 a.m. Summer School Lessons (0 Lap Lanes)  
11:50 a.m. – 1:00 p.m. Adult Open Swim, 6 Lap Lanes  
1:00 p.m. – 4:00 p.m. Summer School Lessons (0 Lap Lanes)  
4:00 p.m. – 5:00 p.m. Open Swim, 6 Lap Lanes  
5:00 p.m. – 7:30 p.m. Pool & Sauna Closed – All staff meeting

## 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. – 11:50 a.m. Summer School Lessons (0 Lap Lanes)  
11:50 a.m. – 1:00 p.m. Adult Open Swim, 6 Lap Lanes  
1:00 p.m. – 4:00 p.m. Summer School Lessons (0 Lap Lanes)  
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. – 6:30 p.m. Open Swim, 3 Lap Lanes  
6:30 p.m. – 7:30 p.m. Gators Swim Team, (0 Lap Lanes)

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

## 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. – 11:50 a.m. Summer School Lessons (0 Lap Lanes)  
11:50 a.m. – 1:00 p.m. Adult Open Swim, 6 Lap Lanes  
1:00 p.m. – 4:00 p.m. Summer School Lessons (0 Lap Lanes)  
4:00 p.m. – 6:30 p.m. Open Swim, 6 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. – 6:00 p.m. Open Swim, 3 Lap Lanes  
6:00 p.m. – 8:00 p.m. Pool & Sauna Closed

## SATURDAY

The pool & sauna will be closed on Saturday, July 4th

## SUNDAY

8:00 a.m. – 10:00 a.m. Adult Open Swim (18+), 3 Lap Lanes  
10:00 a.m. – 1:00 p.m. Open Swim, 3 Lap Lanes  
1:00 p.m. – 3:00 p.m. Pool & Sauna Closed

Use the YMCA360 app to stay up-to-date on class schedules, be the first to sign up for programs, and everything else that's Green County Family YMCA!



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