

# POOL SCHEDULE

July 20<sup>th</sup> – August 23<sup>rd</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. – 10:45 a.m. Open Swim, 3 Lap Lanes  
10:45 a.m. – 12:00 p.m. Summer School Lessons (0 Lap Lanes)  
12:00 p.m. – 1:00 p.m. Adult Open Swim, 6 Lap Lanes  
1:00 p.m. – 2:00 p.m. Summer School Lessons (0 Lap Lanes)  
2:00 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. – 10:45 a.m. Open Swim, 3 Lap Lanes  
10:45 a.m. – 12:00 p.m. Summer School Lessons (0 Lap Lanes)  
12:00 p.m. – 1:00 p.m. Adult Open Swim, 6 Lap Lanes  
1:00 p.m. – 2:00 p.m. Summer School Lessons (0 Lap Lanes)  
2:00 p.m. – 4:30 p.m. Open Swim, 6 Lap Lanes  
4:30 p.m. – 6:30 p.m. Swimming Lessons, (0 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. – 10:45 a.m. Open Swim, 3 Lap Lanes  
10:45 a.m. – 12:00 p.m. Summer School Lessons (0 Lap Lanes)  
12:00 p.m. – 1:00 p.m. Adult Open Swim, 6 Lap Lanes  
1:00 p.m. – 3:00 p.m. Summer Adventures Program, 3 Lanes  
3:00 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)

## 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. – 10:45 a.m. Open Swim, 3 Lap Lanes  
10:45 a.m. – 12:00 p.m. Summer School Lessons (0 Lap Lanes)  
12:00 p.m. – 1:00 p.m. Adult Open Swim, 6 Lap Lanes  
1:00 p.m. – 2:00 p.m. Summer School Lessons (0 Lap Lanes)  
2:00 p.m. – 4:30 p.m. Open Swim, 6 Lap Lanes  
4:30 p.m. – 6:30 p.m. Swimming Lessons, (0 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. – 1:00 p.m. Open Swim, 3 Lap Lanes  
1:00 p.m. – 3:00 p.m. Summer Adventures Program, 3 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

7:00 a.m. – 1:00 p.m. Open Swim, 3 Lap Lanes  
1:00 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. – 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!



App Store



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