



POOL SCHEDULE

FALL SEPTEMBER 18 - DECEMBER 22, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Masters Swim Club* 6-7:30	Seniors Swim Club* 6-7:30	Masters Swim Club* 6-7:30	Seniors Swim Club* 6-7:30			
						Masters Swim Club* 8-9:30	
AFTERNOON	Hydro Fit 9:15-10:15	Aquamatt Yoga 9:15-10:15	Hydro Fit 9:15-10:15	Hydro Fit 9:15-10:15			
	10:30AM	10:30AM	10:30AM	10:30AM	9:00AM	10:00AM	9:00AM
EVENING	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim
	GentleFit 12:45-1:45		GentleFit 12:45-1:45				
						ICE TOWER-NO LANES 1-2:30PM	ICE TOWER 1-2:30PM
						RUNNING MAT-NO LANES 1-2:30PM	RUNNING MAT 1-2:30PM
		Y After School Swim Camp 3-5:00PM					
		Special Olympics					
		Main Pool Closed					
	6:30PM - 7:30PM	6:30PM - 7:30PM					
	Start Oct 3, 2023	Start Oct 3, 2023					

Pool hours are Monday - Friday 5:30am-9:00pm, Saturday 8:00am-3:00pm, Sunday 8:00am-3:00pm.

*Masters Swim Club & Seniors Swim Club are for Y Members Only

Closed on all Statutory Holidays

Registered Programs	Swim Lessons	At the Y, we believe swimming is a critical life skill for every child and teen. We use a variety of fun methods to help kids overcome fears, build confidence in the water and develop skills that last a lifetime. Lessons are available for children, teens and adults, in both group and private settings.		
	Private Swim Lessons	<p style="text-align: center;">Times and dates vary depending on availability. 30 Minute lesson = \$25/each. <i>Please check with member services regarding availability.</i></p>		
General Activities	Lane Swim	All ages welcome to come and do lane swimming only.		
	Seniors Swim	This program is for seniors who love to swim in a competitive or non-competitive atmosphere.		
	Public Swim	Anyone is welcome to take a plunge during these public swim times, members and drop-ins.		
AquaFit	Hydro Fit	This water exercise class is for those looking for a light, low impact, joint-friendly workout. Improve core strength, endurance, range of motion, flexibility and balance. All levels welcome. Pre-Registration recommended		
	Gentle AquaFit	This water exercise class is for those looking for a light, low impact, joint-friendly workout. Improve core strength, endurance, range of motion, flexibility and balance. All levels welcome. Pre-Registration recommended		
	Aquamats Yoga	Test your balance and improve your yoga skills on our inflatable Aquamats. All levels welcome. Pre-Registration recommended. Aquamats Yoga 9:15-10:15		
Downtown Y Hours: Mon-Fri 5:30am-9:00pm Sat 8:00am-3:00pm Sunday 8:00am-3:00pm Holidays - Closed		<p style="text-align: center;"><u>YMCA Pool & Hot Tub Age Restrictions:</u></p> Regardless of swimming ability, all children under 7 years of age must be within arm's reach of a responsible adult (age 16 or older) at all times. Maximum 3 children for each responsible adult (16yrs or older) (3:1 ratio).		