



# REGIONAL YMCA POOL SCHEDULE

Effective January 18, 2022

## Lap Swim Schedule\*

### Main Pool

Lane availability subject to change

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6am-7:45pm	6am-7:45pm	6am-7:45pm	6am-7:45pm	6am-3:45pm	7am-8:45am 12pm- 3:45pm	7am-8:45am 12pm-3:45pm

### Outdoor Pool (YDAC)

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5am- 12pm	5am - 12pm	5am -12pm	5am -12pm	5am-12pm	9am - 1pm	9am - 1pm

\*MUST be able to swim unassisted and continuous laps, 13 years and over.

## Family/Open Swim Schedule

### Main Pool

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
12pm-6pm 7pm-7:45pm	12pm-7:45pm	12pm-6pm 7pm-7:45pm	12pm-6pm 7pm-7:45pm	12pm-3:45pm	12pm-3:45pm	12pm-3:45pm

### Outdoor Pool (YDAC)

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
					12pm-1pm	11am-1pm

### Therapy Pool

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
11am -7:45pm	9am-11am 12pm-5:45pm 7pm-7:45pm	11am-7:45pm	9am-11am 12pm-5:45pm 7pm-7:45pm	9am-3:45pm	12pm - 3:45pm	12pm-3:45pm