



REGIONAL YMCA POOL SCHEDULE

Effective September 5, 2023

*Lane availability is subject to change.

LAP SWIM AVAILABILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Pool	6am-8:45pm	6am-8:45pm	6am-8:45pm	6am-8:45pm	6am-8:45pm	7am-8:45am 12:15pm-3:45pm	7am-8:45am 12:15pm-3:45pm
Outdoor Pool (YDAC)	5am-11:45am	5am-11:45am	5am-11:45am	5am-11:45am	5am-11:45am	10am-3:45pm	10am-3:45pm

Must be able to swim unassisted and continuous laps, 13 years and over.

Weekend YDAC Lap Hours are subject to change due to swim meets. Please check facility emails for updates.

GENERAL/FAMILY SWIM AVAILABILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Pool	1pm-6pm 7pm-8:45pm	12pm-6pm 7pm-8:45pm	1pm-6pm 7pm-8:45pm	12pm-6pm 7pm-8:45pm	12pm-6:45pm	12:15pm-3:45pm *Diving board Available	12:15pm-3:45pm *Diving board Available
Outdoor Pool (YDAC)						12pm-3:45pm	12pm-3:45pm
Therapy Pool	12pm-8pm	12pm-5:15pm 6:45pm-8pm	12pm-8pm	12pm-8pm	9am-6:45pm	12:15pm-3:45pm	12pm-3:45pm

Diving board: Open for use weekends after 12:15pm however, diving board availability may vary based on swim meet and wibit status. All patrons must ask lifeguard before using the diving board.

Wibit: Open to members on varying weekend days check online schedule for availability.

WATER AEROBICS - REGISTRATION REQUIRED

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Family/General swim available at these times. More in depth schedule available online or at front desk.							
Main Pool	9am-1pm 6pm-7pm	9am-12pm 6pm-7pm	9am-1pm 6pm-7pm	9am-12pm 6pm-7pm			
Therapy Pool	9am-12pm	9am-12pm 5:30pm-6:30pm	9am-12pm	9am-12pm			

Water Aerobics Class: Open to all members. Session based registration, register at the front desk. (\$20 registration fee)

Some things to remember:

- No strollers on pool deck
- No street shoes on pool deck
- Appropriate swim wear must be worn if using any pool or sauna (on pool deck)
- Please obey the lifeguard at all times. Lifeguards have the final say.



REGIONAL YMCA WATER EXERCISE SCHEDULE
Effective September 5, 2023

Main Pool - Registration is required for all Water Aerobics Classes.
\$20 Registration Fee- Spaces are Limited

Monday	Tuesday	Wednesday	Thursday
Deep & Shallow Intermediate 9-9:50am Sujata	Deep & Shallow Advanced 9-9:50am Susi	Deep & Shallow Intermediate 9-9:50am Sujata	Deep & Shallow Advanced 9-9:50am Susi
Deep Water Motion Advanced 10-10:50am Sujata	Deep & Shallow Advanced 10-10:50am Susi	Deep Water Motion Advanced 10-10:50am Sujata	Deep & Shallow Advanced 10-10:50am Susi
		Non-Impact Water Aerobics 10-11am Aimee	
Cardio & Strength 11-11:50am Randi		Cardio & Strength 11-11:50am Randi	
Deep Water Movement Outdoor pool 12 - 12:50pm Susi		Deep Water Movement Outdoor pool 12- 12:50pm Susi	
Water Workout 6:00 -6:50 Shirley	Power Workout 6:00-6:50pm Cathi	Water Workout 6:00 -6:50 Shirley	Power Workout 6:00-6:50pm Cathi

Therapy Pool **subject to change without notice**

Monday	Tuesday	Wednesday	Thursday
Toning & Flexibility 9am-9:50am Randi	Water Yoga 10am to 10:55am Dan	Toning & Flexibility 9am-9:50am Randi	Water Yoga 10am to 10:55 am Dan
Toning & Flexibility 10am-10:50am Randi	Work the Water 11am-11:50am Susi	Toning & Flexibility 10am-10:50am Randi	Work the Water 11am-11:50am Susi
Work the Water 11-11:50am Susi	Water Yoga 5:30pm-6:30pm Dan	Work the Water 11-11:50am Susi	