



Northeast Pool Schedule

402-434-9262
Effective February 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES
5:00 AM	Water Fit Combo 5:30-6:15 Lap Swim	Adult Water Walking/Fitness 5:30-7am Lap Swim	Water Fit Combo 5:30-6:15 Lap Swim	Adult Water Walking/Fitness 5:30-7am Lap Swim	Water Fit Combo 5:30-6:15 Lap Swim	CLOSED	CLOSED
6:00 AM							
7:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
8:00 AM	Water Fit Combo 8:15-9:00	Adult Water Walking/	Water Fit Combo 8:15-9:00	Adult Water Walking/Fitness	Water Fit Combo 8:15-9:00		
9:00 AM	Lap Swim		Lap Swim		Lap Swim	Swim Lessons 9-11:30am	Lap Swim
10:00 AM	Rec Swim 10-11	Rec Swim 10-11	Rec Swim 10-11	Rec Swim 10-11	Rec Swim 10-11		Adult Water Walking/Fitness 11-11:30
11:00 AM	Adult Water Walking/Fitness		Aqua Arthritis 11-11:30		Aqua Arthritis 11-11:30		
Noon	Rec Swim 12-1		Rec Swim 12-1		Rec Swim 12-1		Rec Swim 12-2:00
1:00 PM	Adult Water Walking/Fitness Lap Swim	Fit For Life 1-1:45 Lap Swim	Adult Water Walking/Fitness Lap Swim	Fit For Life 1-1:45 Lap Swim	Fit For Life 1-1:45 Lap Swim	Rec Swim 11:45-4:30 Lap Swim	Swim Lessons 2-3
2:00 PM	Rec Swim 2-3:30	Rec Swim 2-4:30	Rec Swim 2-3:30	Rec Swim 2-4:30	Rec Swim 2-3:30		Water Fit Combo 3:30-4:15
3:00 PM					Lap Swim		
4:00 PM	Swim Team 3:45-5:15		Swim Team 3:45-5:15		Swim Team 3:45-5:15	Lap Swim	Lap Swim
5:00 PM		Swim Lessons 5:00-6:40		Swim Lessons 5:00-6:40			
6:00 PM	Water Fit Combo 5:30-6:15 Rec Swim Lap Swim	Swim Team 6:45-8	Water Fit Combo 5:30-6:15 Rec Swim Lap Swim	Swim Team 6:45-8	Rec Swim 5:30-8:15 Lap Swim	Pool Closed @ 5:30	Pool Closed @ 5:30
7:00 PM							
8:00 PM		Lap Swim		Lap Swim			

Schedule is subjected to change. * Programs run during specific dates.

Swim Lessons Sessions—The pool will be available only to swim lesson participants during this time.

Next Session: "Mini" January 4th-20th Tues & Thurs. 5-7 "Full" January 24-March 6th

Swim Team August 30th—April -The pool will be available only to swim lesson participants during this time.

Boga Work Shops— TBA Space will be limited in the pool during this time. Occupies 3 Lanes.

Lifeguard Class- January 8th/9th, Feb 19/20, April 9/10, April 23/24, May 7/8, May 14/15, May 21/22

Saturdays in the pool 12-5 and Sundays 8-2

LAP LANE AVAILABILITY REPRESENTED IN WHITE - TWO lap swimmers per lane max. Maintain distance

- ⇒ Members are encouraged to come in their swim suits.
- ⇒ Members must be at least 15 years old or older to use the pool during adult water walking/fitness.
- ⇒ Members of all ages welcome during recreational swim times.
- ⇒ Open Swim - must maintain social distancing. Families can be closer than 6 feet apart, but must distance from other members.

WHAT TO BRING- TOWEL, PAD LOCK ,Goggles, Toys. The Y will not have extras to check out at this time.