



Northeast YMCA Pool Schedule

Effective January 16- May 1

REC/OPEN SWIM
 YMCA PROGRAMMING
 GROUP EXERCISE CLASS
 LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES
5:00AM	LAP SWIM WATERFIT COMBO 5:30-6:15AM	LAP SWIM	LAP SWIM WATERFIT COMBO 5:30-6:15AM	LAP SWIM	LAP SWIM WATERFIT COMBO 5:30-6:15AM	CLOSED	CLOSED
6:00AM							
7:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		
8:00AM	WATERFIT COMBO 8:15-9:00AM	WATERFIT COMBO 8:15-9:00AM	WATERFIT COMBO 8:15-9:00AM		WATERFIT COMBO 8:15-9:00AM	LAP SWIM	
9:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	SWIM LESSONS 9:00-11:30AM	
10:00AM	REC/OPEN SWIM 10:00-11:00AM		REC/OPEN SWIM 10:00-11:00AM		REC/OPEN SWIM 10:00-11:00AM		LAP SWIM
11:00AM		REC/OPEN SWIM 10:00-1:00PM	AQUA ARTHRITIS 11:00-11:30AM	REC/OPEN SWIM 10:00-1:00PM	AQUA ARTHRITIS 11:00-11:30AM	LAP SWIM	
12:00PM	REC/OPEN SWIM 12:00-1:00PM		REC/OPEN SWIM 12:00-1:00PM		REC/OPEN SWIM 12:00-1:00PM		
1:00PM	FIT FOR LIFE 1:00-1:45PM	FIT FOR LIFE 1:00-1:45PM	FIT FOR LIFE 1:00-1:45PM	FIT FOR LIFE 1:00-1:45PM		REC/OPEN SWIM 11:45-4:30PM	REC/OPEN SWIM 12:00-2:00PM
2:00PM	REC/OPEN SWIM 2:00-3:30PM	REC/OPEN SWIM 2:00-4:30PM	REC/OPEN SWIM 2:00-3:30PM	REC/OPEN SWIM 2:00-4:30PM	REC/OPEN SWIM 2:00-3:30PM		SWIM LESSONS 2:00-3:00PM
3:00PM							WATERFIT COMBO 3:30-4:15PM
4:00PM	SWIM TEAM 3:45-5:15PM		SWIM TEAM 3:45-5:15PM		SWIM TEAM 3:45-5:15PM	LAP SWIM	LAP SWIM
5:00PM	WATERFIT COMBO 5:30-6:15PM	SWIM LESSONS 5:00-6:40PM	WATERFIT COMBO 5:30-6:15PM	SWIM LESSONS 5:00-6:40PM			
6:00PM	REC/OPEN SWIM 6:15-8:15PM	SWIM TEAM 6:45-8:00PM	REC/OPEN SWIM 6:15-8:15PM	SWIM TEAM 6:45-8:00PM	REC/OPEN SWIM 5:30-8:15PM		
7:00PM						POOL CLOSING AT 5:30PM SATURDAY & SUNDAY	
8:00PM	POOL CLOSING AT 8:30PM MONDAY-FRIDAY						

THINGS TO KNOW

- Click [here](#) for Indoor Pool Guidelines.
- [YMCA Youth Policy](#) applies. In all cases, youth must be 9 years or older to be in any YMCA facility without a guardian. Please review all other Youth Policies for facility access.
- Members of all ages are welcome during recreational swim times.
- Private Lessons will utilize lap lane when needed.
- All schedules are subject to change. The YMCA reserves the right to schedule programs, rentals, and special events, and will make every effort to notify members of any schedule changes.

WHAT TO BRING

Towels, pad lock, goggles, and toys.

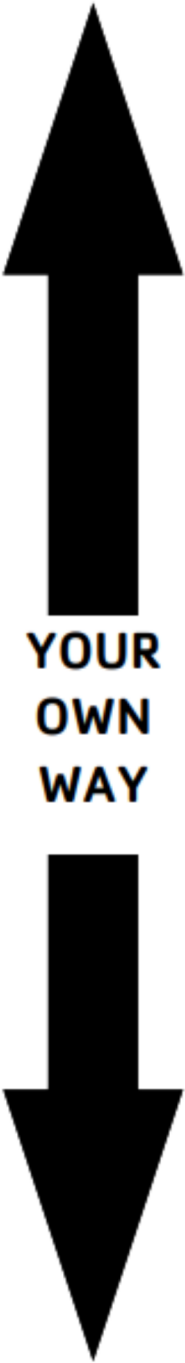
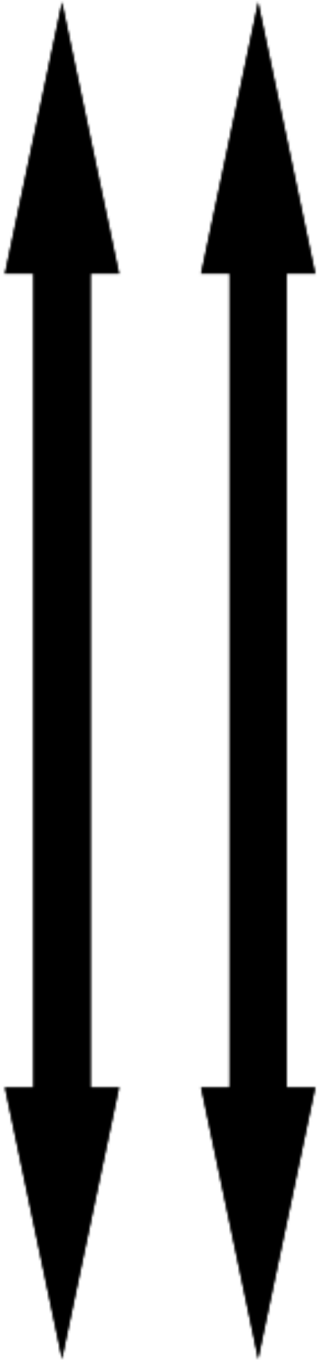
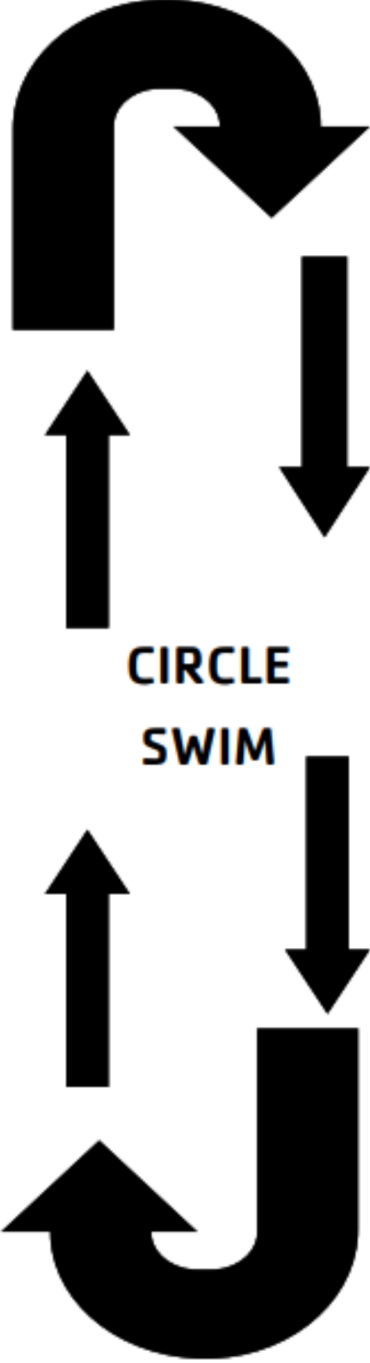
UPCOMING YMCA PROGRAMS:

Swim Lesson Session
 January 2-22 Tues/Thur Night Only
 January 23-March 5
 March 20-April 30

Lifeguard Class Date's (Utilize half of the pool)
 Saturday's 12-5 and Sunday's 8am-2pm

February 18 & 19
 April 1 & 2
 April 22 & 23
 May 6 & 7; 13&14; 20 & 21

LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p data-bbox="228 951 363 1125">YOUR OWN WAY</p>		 <p data-bbox="1240 961 1408 1087">CIRCLE SWIM</p>

THINGS TO KNOW

- Please be respectful of your fellow Y Friends.
- We understand our pool at times can be busy, our goal is to meet as many people's needs as possible.
- Try to swim with people who have the same ability and let them know you are entering the lane.
- Be cautious and courteous. Do not start directly in front or behind someone approaching the wall for a turn, give them room.
- With two or more swimmers in a lane, use the circle swim pattern (it's like driving, keep to the right).
- Adult Lap Swim is designated for 18+.
- There are three lap lanes available outside dedicated lap swim time frames with the exception of when YMCA programs are in progress