Northeast YMCA Pool Schedule
Effective January 5 2024

Legend: ■ REC/OPEN SWIM ■ YMCA PROGRAMMING ■ GROUP EXERCISE CLASS ☐ LAP SWIM

TIME	MONDAY (6 LANES)	TUESDAY (6 LANES)	WEDNESDAY (6 LANES)	THURSDAY (6 LANES)	FRIDAY (6 LANES)	SATURDAY (6 LANES)	SUNDAY (6 LANES)
5:00AM	LAP SWIM; WATERFIT COMBO 5:30–6:15AM	LAP SWIM; FB MASTER SWIM 5:30–6:30	LAP SWIM; WATERFIT COMBO 5:30–6:15AM	LAP SWIM	LAP SWIM; FB MASTER SWIM 5:30–6:30; WATERFIT COMBO 5:30–6:15AM	CLOSED	CLOSED
6:00AM						CLOSED	CLOSED
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	WATERFIT COMBO 8:15–9:00AM	FB WATERFIT COMBO 8:00–8:45AM; LAP SWIM	
9:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	SWIM LESSONS 9:00–11:30AM	LAP SWIM
10:00AM	REC/OPEN SWIM 10:00–11:00AM	REC/OPEN SWIM 10:00–1:00PM	REC/OPEN SWIM 10:00–11:00AM	REC/OPEN SWIM 10:00–1:00PM	REC/OPEN SWIM 10:00–11:00AM		
11:00AM			AQUA ARTHRITUS 11:00–11:30AM		AQUA ARTHRITUS 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	REC/OPEN SWIM 11:45–4:30PM	REC/OPEN SWIM 12:00–2:00PM
1:00PM	FIT FOR LIFE 1:00–1:45PM; LAP SWIM	FIT FOR LIFE 1:00–1:45PM; LAP SWIM	FIT FOR LIFE 1:00–1:45PM; LAP SWIM	FIT FOR LIFE 1:00–1:45PM; LAP SWIM	LAP SWIM		
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	SWIM TEAM 3:45–5:15PM	SWIM TEAM 3:45–5:15PM	LAP SWIM	BOGAFIT COMBO 4:30–5:30PM; LAP SWIM
5:00PM	WATERFIT COMBO 5:30–6:15PM; LAP SWIM	SWIM LESSONS 5:00–6:40PM	WATERFIT COMBO 5:30–6:15PM; LAP SWIM	SWIM LESSONS 5:00–6:40PM	REC/OPEN SWIM 5:30–8:15PM; LAP SWIM	POOL CLOSES AT 5:30PM SATURDAY & SUNDAY	POOL CLOSES AT 5:30PM SATURDAY & SUNDAY
6:00PM	REC/OPEN SWIM 6:15–8:15PM; LAP SWIM	SWIM TEAM 6:45–8:15PM	REC/OPEN SWIM 6:15–8:15PM; LAP SWIM	SWIM TEAM 6:45–8:15PM			
7:00PM							
8:00PM	POOL CLOSES AT 8:30PM MONDAY–FRIDAY						

THINGS TO KNOW

SAUNA CLOSED FOR CLEANING EVERY THURSDAY 2:30 PM–4:00 PM

- 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.
- Safety Checks may be performed on weekends from 12:00–5:00pm, Out of School Days, and during times of increased patron load. Safety Checks are 10 minute intervals that take place at the end of the hour.

## WHAT TO BRING
Towels, pad lock, goggles, and toys.
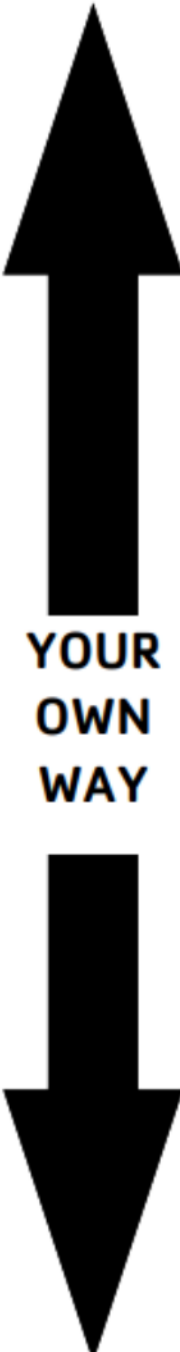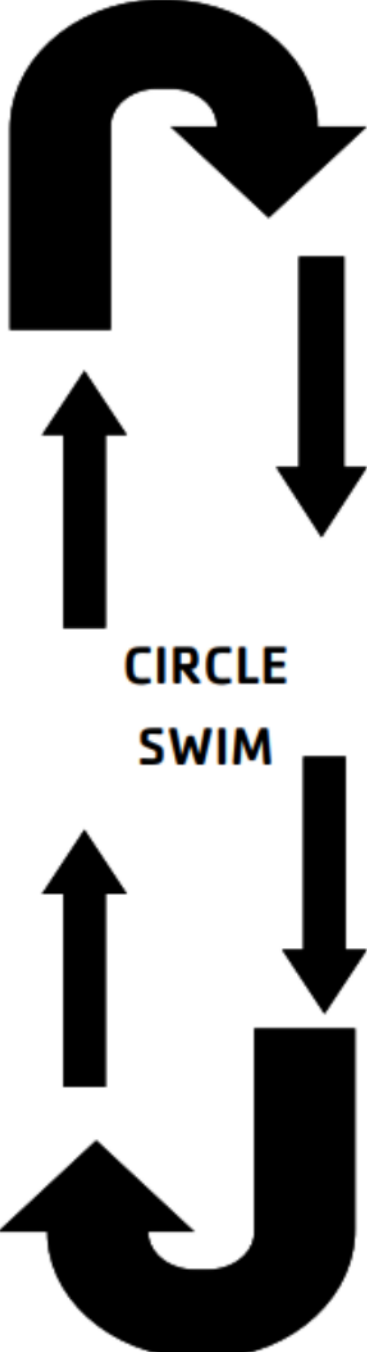
Northeast YMCA | 2601 N 70th St | 402-434-9262

LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
YOUR OWN WAY		CIRCLE SWIM

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