



Northeast YMCA Indoor Pool Schedule

Effective July 19-August 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 8:00-8:45AM	WATERFIT COMBO 8:00-8:45AM	WATERFIT COMBO 8:00-8:45AM		WATERFIT COMBO 8:00-8:45AM	WATERFIT COMBO 8:00-8:45AM	
9:00AM	SWIM TEAM 9:00-10:00AM	SWIM LESSONS 9:00-11:45AM	SWIM TEAM 9:00-10:00AM	SWIM LESSONS 9:00-11:45AM	SWIM TEAM 9:00-10:00AM		LAP SWIM
10:00AM	SWIM LESSONS 10:00-11:45AM		SWIM LESSONS 10:00-11:45AM		SWIM LESSONS 10:00-11:15AM		
11:00AM			AQUA ARTHRITIS 11:30-12:00PM		AQUA ARTHRITIS 11:30-12:00PM		
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 12:00-4:30PM	REC/OPEN SWIM 11:00-3:00PM
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			
2:00PM	REC/OPEN SWIM 2:00-5:15PM	REC/OPEN SWIM 2:00-4:30PM	REC/OPEN SWIM 2:00-5:15PM	REC/OPEN SWIM 2:00-4:30PM	REC/OPEN SWIM 2:00-5:15PM		
3:00PM							WATERFIT COMBO 3:30-4:15PM
4:00PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	BOGAFIT COMBO 4:30-5:30PM
5:00PM	WATERFIT COMBO 5:30-6:15PM	SWIM LESSONS 5:15-7:00PM	WATERFIT COMBO 5:30-6:15PM	SWIM LESSONS 5:15-7:00PM			
6:00PM	REC/OPEN SWIM 6:15-8:15PM				REC/OPEN SWIM 5:30-8:15PM		
7:00PM		SWIM TEAM 7:00-8:00PM	SWIM TEAM 7:00-8:00PM	SWIM TEAM 7:00-8:00PM		POOL & SAUNA CLOSING AT 5:30PM SATURDAY & SUNDAY	
8:00PM		LAP SWIM	LAP SWIM	LAP SWIM			
POOL & SAUNA CLOSING AT 8:30PM MONDAY-FRIDAY							

THINGS TO KNOW

SAUNA CLOSED FOR CLEANING THURSDAYS 2:30-4:00pm

- 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.
- 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 will 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.

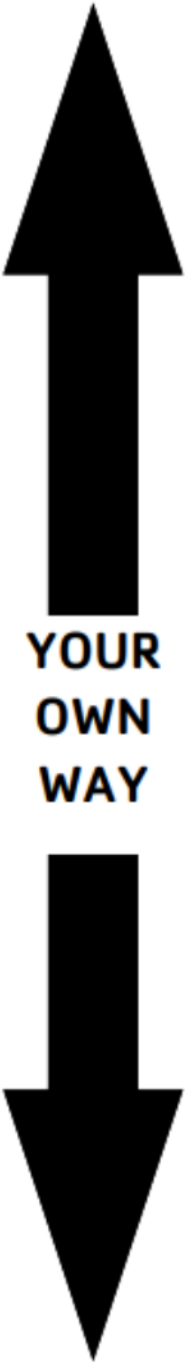
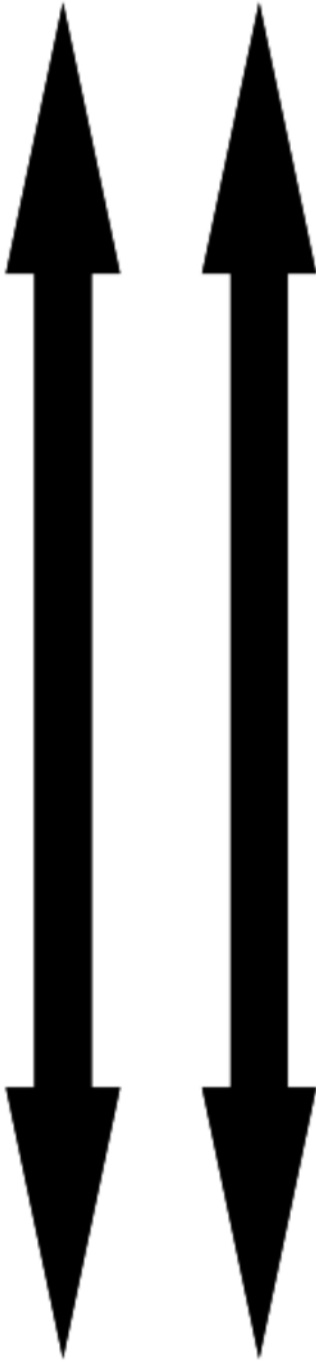
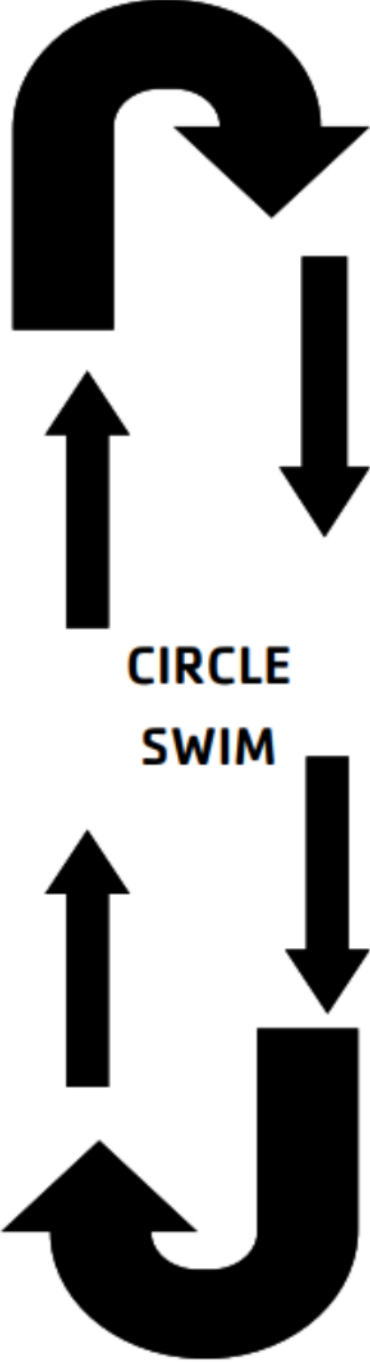
WHAT TO BRING

Towels, pad lock, goggles, and toys.

UPCOMING YMCA PROGRAMS:

Boga Fit
TBA

LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p data-bbox="224 947 365 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