



Northeast YMCA Pool Schedule

Effective May 1– 27

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 WATERFIT COMBO 8:00- 8:45AM	
9:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		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	LAP SWIM	
11:00AM			AQUA ARTHRITIS 11:00- 11:30AM		AQUA ARTHRITIS 11:00- 11:30AM		
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- 2:00PM
1:00PM	FIT FOR LIFE 1:00- 1:45PM	FIT FOR LIFE 1:00 to 1:45PM	FIT FOR LIFE 1:00 to 1:45PM	FIT FOR LIFE 1:00 to 1:45PM		REC/OPEN SWIM 11:45- 4:30PM	
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		
3:00PM							WATERFIT COMBO 3:30- 4:15PM
4:00PM	LAP SWIM		LAP SWIM			LAP SWIM	LAP SWIM
5:00PM	WATERFIT COMBO 5:30- 6:15PM	SWIM LESSONS 5:00- 7:00PM	WATERFIT COMBO 5:30- 6:15PM	SWIM LESSONS 5:00- 7:00PM		POOL CLOSING AT 5:30PM SATURDAY AND SUNDAY	
6:00PM	REC/OPEN SWIM 6:15 - 8:15PM		REC/OPEN SWIM 6:15 - 8:15PM		REC/OPEN SWIM 5:30- 8:15PM		
7:00PM		LAP SWIM		LAP SWIM			
8:00PM							

POOL 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.
- 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 will be performed on weekends from 12:00pm-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:



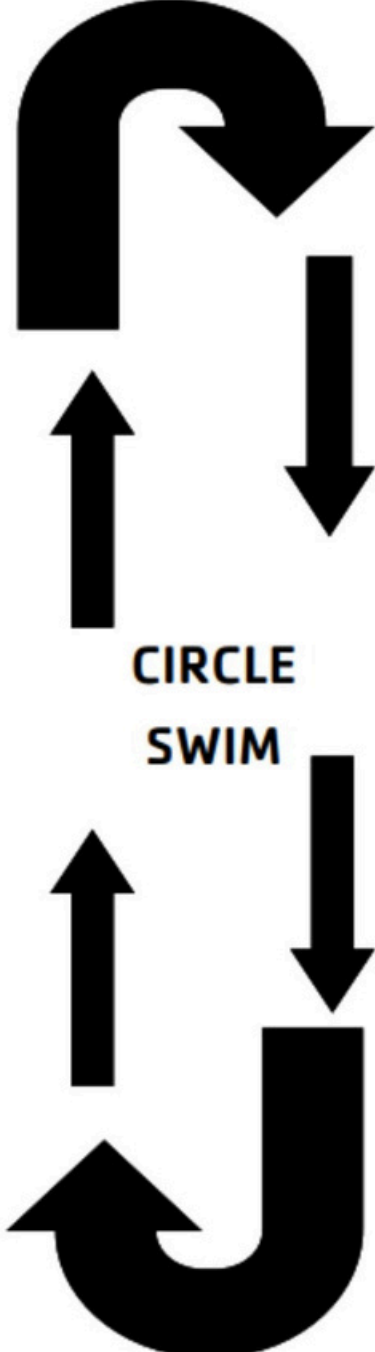
Lifeguard Class Date's (Utilize half of the pool)

Friday's 6pm-9pm, Saturday's 8am-6:30pm, and Sunday's 8am-2pm.

May 9, 10, & 11/ May 16, 17, & 18

Northeast YMCA | 2601 N 70th St | 402-434-9262

LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p>YOUR OWN WAY</p>		 <p>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 your 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 diving, 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.