



Northeast YMCA Pool Schedule

Effective May 27–August

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 <div>WATERFIT COMBO 5:30- 6:15AM</div>	LAP SWIM	LAP SWIM <div>WATERFIT COMBO 5:30- 6:15AM</div>	LAP SWIM	LAP SWIM <div>WATERFIT COMBO 5:30- 6:15AM</div>	CLOSED	CLOSED	
6:00AM								
7:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM			
8:00AM	<div>WATERFIT COMBO 8:00- 8:45AM</div>	<div>WATERFIT COMBO 8:00- 8:45AM</div>	<div>WATERFIT COMBO 8:00- 8:45AM</div>	<div>WATERFIT COMBO 8:00- 8:45AM</div>	<div>WATERFIT COMBO 8:00- 8:45AM</div>	<div>WATERFIT COMBO 8:00- 8:45AM</div> LAP SWIM		
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	SWIM LESSONS 9:00- 11:35AM	LAP SWIM	
10:00AM	SWIM LESSONS 9:00- 11:45AM		SWIM LESSONS 9:00- 11:45AM		SWIM LESSONS 10:00- 11:15AM			
11:00AM			<div>AQUA ARTHRITIS 11:30- 12:00PM</div>		<div>AQUA ARTHRITIS 11:30- 12:00PM</div>			
12:00PM	<div>REC/OPEN SWIM 12:00- 1:00PM</div>	FIT FOR LIFE 1:00 to 1:45PM LAP SWIM	<div>REC/OPEN SWIM 12:00- 1:00PM</div>	FIT FOR LIFE 1:00 to 1:45PM LAP SWIM	<div>REC/OPEN SWIM 12:00- 1:00PM</div>	REC/OPEN SWIM 12:00pm- 4:30PM LAP SWIM	REC/OPEN SWIM 11:00AM- 3:00PM LAP SWIM	
1:00PM	FIT FOR LIFE 1:00- 1:45PM LAP SWIM		FIT FOR LIFE 1:00 to 1:45PM LAP SWIM		FIT FOR LIFE 1:00 to 1:45PM LAP SWIM			LAP SWIM
2:00PM	REC/OPEN SWIM 2:00- 5:15PM LAP SWIM		REC/OPEN SWIM 2:00- 4:30PM		REC/OPEN SWIM 2:00- 5:15PM LAP SWIM			REC/OPEN SWIM 2:00- 4:30PM LAP SWIM
3:00PM								
4:00PM					LAP SWIM	LAP SWIM		
5:00PM	<div>WATERFIT COMBO 5:30- 6:15PM</div>	SWIM LESSONS 5:15- 7:00PM	<div>WATERFIT COMBO 5:30- 6:15PM</div>	SWIM LESSONS 5:15- 7:00PM		POOL CLOSING AT 5:30PM SATURDAY AND SUNDAY		
6:00PM	REC/OPEN SWIM 6:15 - 8:15PM LAP SWIM				SWIM TEAM 7:00- 8:00PM			REC/OPEN SWIM 6:00- 8:15PM LAP SWIM
7:00PM								
8:00PM		LAP SWIM	LAP SWIM	LAP SWIM				
POOL CLOSING AT 8:30PM MONDAY-FRIDAY								

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)
Saturday May 31st 12:00pm-5:30pm

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