



Northeast YMCA Pool Schedule

Effective May 1- 26

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	WATERFIT COMBO 5:30- 6:15AM	WATERFIT COMBO 5:30- 6:15AM	WATERFIT COMBO 5:30- 6:15AM	WATERFIT COMBO 5:30- 6:15AM	CLOSED	CLOSED
6:00AM							
7:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	WATERFIT COMBO 8:00- 8:45AM 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		
9:00AM	LAP SWIM	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		
11:00AM	LAP SWIM		LAP SWIM	AQUA ARTHRITIS 11:00- 11:30AM	LAP SWIM	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	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	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		LAP SWIM
3:00PM							
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			
6:00PM	REC/OPEN SWIM 6:15- 8:15PM		REC/OPEN SWIM 6:15- 8:15PM		REC/OPEN SWIM 5:30- 8:15PM	POOL & SAUNA CLOSING AT 5:30PM SATURDAY AND SUNDAY	
7:00PM		LAP SWIM		LAP SWIM			
8:00PM							

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.
- 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