



Northeast YMCA Pool Schedule

Effective May 26–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		LAP SWIM		LAP SWIM	CLOSED	CLOSED
6:00AM	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		
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	WATERFIT COMBO 8:00- 8:45AM	LAP SWIM
9:00AM	SWIM TEAM 9:00- 10:00AM		SWIM TEAM 9:00- 10:00AM		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 9:00- 11:45AM	SWIM LESSONS 9:00- 11:45AM	SWIM LESSONS 10:00- 12:00PM		
11:00AM							
12:00PM	REC/OPEN SWIM 12:00- 1:00PM	REC/OPEN SWIM 12:00- 1:00PM	AQUA ARTHRITIS 12:00-12:30PM	REC/OPEN SWIM 12:00- 1:00PM	AQUA ARTHRITIS 12:00-12:30PM	REC/OPEN SWIM 12:00pm- 4:30PM	REC/OPEN SWIM 11:00AM- 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	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- 5:00PM		
3:00PM	REC/OPEN SWIM 2:00- 5:15PM		REC/OPEN SWIM 2:00- 5:15PM		REC/OPEN SWIM 2:00- 5:00PM	LAP SWIM	WATERFIT COMBO 3:30- 4:15PM
4:00PM							
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	SWIM TEAM 7:00- 8:00PM	SWIM TEAM 7:00- 8:00PM	SWIM TEAM 7:00- 8:00PM	REC/OPEN SWIM 6:00- 8:15PM	POOL & SAUNA CLOSSES AT 5:30PM SATURDAY AND SUNDAY	
7:00PM		LAP SWIM	LAP SWIM	LAP SWIM			
8:00PM							

POOL & SAUNA CLOSSES 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 30th 12:00pm-5:30pm