



Northeast YMCA Pool Schedule

Effective Aug 1–Nov 22

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		LAP SWIM	CLOSED	CLOSED	
	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
6:00AM								
7:00AM	LAP SWIM	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	WATERFIT COMBO 8:15 – 9:00AM	WATERFIT COMBO 8:00 – 8:45AM	LAP SWIM	
9:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	SWIM LESSONS 9:00 – 11:30AM		
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			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 – 1:00PM	REC/OPEN SWIM 11:45 – 4:30PM	REC/OPEN SWIM 12:00 – 2:00PM
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		SWIM LESSONS 2:00 – 3:00PM
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			
3:00PM						WATERFIT COMBO 3:30 – 4:15PM		
4:00PM	SWIM TEAM 3:45 – 5:15PM		SWIM TEAM 3:45 – 5:15PM		SWIM TEAM 3:45 – 5:15PM		SENSORY SWIM 4:30 – 5:30PM	LAP SWIM
5:00PM	WATERFIT COMBO 5:30 – 6:15PM	SWIM LESSONS 5:00 – 6:40PM	WATERFIT COMBO 5:30 – 6:15PM	SWIM LESSONS 5:00 – 6:40PM	REC/OPEN SWIM 5:30 – 8:15PM			POOL & SAUNA CLOSSES AT 5:30PM SATURDAY AND SUNDAY
6:00PM	REC/OPEN SWIM 6:15 – 8:15PM		LAP SWIM			REC/OPEN SWIM 6:15 – 8:15PM		
7:00PM			SWIM TEAM 6:45 – 8:15PM				SWIM TEAM 6:45 – 8:15PM	
8:00PM	POOL & SAUNA CLOSSES AT 8:30PM MONDAY-FRIDAY							

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 may 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:

Swim Lesson Session Swim Team

September 14 – October 18 August 24th–April
October 19 – November 22

Lifeguard Class (Utilize half of the pool)

Friday's 6pm–9pm, Saturday's 8am–6:30pm, & Sunday 8am–2pm. **Aug 21,22,23 & 29,30**

When the programs are not in session. The pool will be available for Rec/Open Swim/Water Walking and Lap swimming.

NEW – Sensory Swim Time– Open swim for individuals that need a quieter environment

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