

# Indoor Pool Schedule

Jan. 4<sup>th</sup> – Apr. 3<sup>rd</sup>.

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

Adult Fitness Swim 6am – 9am						
Synchro Swim <b>9am -10am</b>	Swimnastics <b>9am-10am</b>	Synchro Swim <b>9am -10am</b>	Swimnastics <b>9am-10am</b>	Special Needs <b>9am-10am</b>	Fitness Swim <b>7am-9am</b>	Fitness Swim <b>12pm -1pm</b>
Silver Splash <b>10am-11am</b>	Family Swim <b>10am -12pm</b>	Silver Splash <b>10am-11am</b>	Family Swim <b>10am-11am</b>	Silver Splash <b>10am-11am</b>	Swim Team <b>9am-10am</b>	
Adult Swim <b>11am-1:30pm</b>	Adult Swim <b>12pm-1:30pm</b>	Adult Swim <b>11am-1:30pm</b>	Learn to Swim <b>11am -12pm</b>	Adult Swim <b>11am-1:30pm</b>	Swim Lessons	
Learn to Swim <b>1:30pm -2:30p</b>		Over 50 Swim <b>1:30pm-2:30p</b>	Learn to Swim <b>1:30pm -2:30p</b>	Over 50 Swim <b>1:30pm-2:30p</b>	Learn to Swim <b>1:30pm -2:30p</b>	
Arthritis <b>2:30pm-3:30p</b>	Arthritis <b>2:30pm-3:30p</b>	Navy <b>2:30pm-5pm</b>	Arthritis <b>2:30pm-3:30p</b>	Navy <b>2:30pm-5pm</b>	Family Swim <b>1pm – 5:45pm</b>	Family Swim <b>1pm -5:45pm</b>
HHS Team <b>3:30pm-5pm</b>	HHS Team <b>3:30pm-5pm</b>		HHS Team <b>3:30pm-5pm</b>			
Adult Fitness Swim 5pm – 6pm						
Swim Team <b>6pm -8pm</b>	Swim Lesson <b>6pm-8pm</b>	Swim Team <b>6pm -8pm</b>	Swim Lesson <b>6pm-8pm</b>	Swim Team <b>6pm -8pm</b>	Closed	Closed
H2O Fitness <b>8pm-9pm</b>	Family Swim <b>8pm-9:45pm</b>	H2O Fitness <b>8pm-9pm</b>	Family Swim <b>8pm-9:45pm</b>	H2O Fitness <b>8pm-9pm</b>		
Adult Swim <b>9pm-9:45pm</b>		Adult Swim <b>9pm-9:45pm</b>	Adult Swim <b>9pm-9:45pm</b>			

## Pool Schedule is subject to change.

\*Adult Fitness swim is open to anyone 18 and older, please circle swim.

\*\* All lanes will be taken out 5 minutes before lap swim is over.

**The indoor pool will be closed in the case of severe weather.**



**YMCA**

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strong families,  
strong communities.