

SOLECO

Monday, July 21 - Sunday, August 24

Monday

Time	Program	Area
5:30-9 AM	Lap Swim	All Lanes
9-11 AM	Pool Closed for Progam	All Lanes
11:15 AM-12 PM	Aqua Aerobics	All Lanes
12-8 PM	Lap Swim	L 5-6
12-8 PM	Family Swim	L 1-4, Zero Depth, Diving Well

Wednesday

Time	Program	Area
5:30-9 AM	Lap Swim	All Lanes
9-11 AM	Pool Closed for Progam	All Lanes
11:15 AM-12 PM	Aqua Aerobics	All Lanes
12-8 PM	Lap Swim	L 5-6
12-8 PM	Family Swim	L 1-4, Zero Depth, Diving Well

Friday

Time	Program	Area
5:30-9 AM	Lap Swim	All Lanes
9-11 AM	Pool Closed for Progam	All Lanes
11:15 AM-12 PM	Aqua Aerobics	All Lanes
12-8 PM	Lap Swim	L 5-6
12-8 PM	Family Swim	L 1-4, Zero Depth, Diving Well

Sunday

Time	Program	Area
12-8PM	Lap Swim	L 5-6
12-8PM	Family Swim	L 1-4, Zero Depth, Diving Well

Children 12 and younger must participate in a swimming skills assessment and will be provided a colored wristband based on their swimming ability. Once tested, each time a child comes into the Y for open or family swim they will need to acquire their color-appropriate wristband from the Welcome Center when checking in. For additional information, please review our [Test, Mark, Protect Parent Guidelines](#).

IMPORTANT NOTE: While we try to adhere to this schedule, it may change due to unexpected circumstances. If programs are not running, such as swim team or private lessons, those lanes will be available for lap swim.

Tuesday

Time	Program	Area
5:30-9 AM	Lap Swim	All Lanes
9-11 AM	Pool Closed for Progam	All Lanes
12-8 PM	Lap Swim	L 5-6
12-8 PM	Family Swim	L 1-4, Zero Depth, Diving Well

Thursday

Time	Program	Area
5:30-9 AM	Lap Swim	All Lanes
9-11 AM	Pool Closed for Progam	All Lanes
12-8 PM	Lap Swim	L 5-6
12-8 PM	Family Swim	L 1-4, Zero Depth, Diving Well

Saturday

Time	Program	Area
9 AM-12 PM	Swim Lessons	All Areas
12-8PM	Lap Swim	L 5-6
12-8PM	Family Swim	L 1-4, Zero Depth, Diving Well

Key

Lap Swim: Generally reserved for swimmers 12+ using the lane productively

Personal Water Workout (PWW): Independent water walking, jogging, or aqua fitness

OPEN SWIM: Lanes are available for all types of swimmers including lap swimmers, aqua jogging, and families. During open swim, please share lanes with swimmers doing similar activities.

Family Swim: Lap lanes are removed aside from safety lines. Open space is available for swimmers of all ages to swim recreationally.