

SOLECO

Monday, August 4 - Sunday, August 24

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

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

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

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

Saturday		
Time	Program	Area
9-11 AM	Swim Lessons	Zero Depth, Diving Well
9-11 AM	Lap & Masters Swim	All Lanes
11 AM-7 PM	Lap Swim	L 5-6
11 AM-7 PM	Family Swim	L 1-4, Zero Depth, Diving Well

Sunday		
Time	Program	Area
11 AM-7 PM	Lap Swim	L 5-6
11 AM-7 PM	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.