Monday		
Time	Program	Lanes
5-8 AM	Open Swim	All Areas
8-9 AM	Open Swim	Beach & Cove
8-9 AM	Gentle Aqua	L 3-5
9-11:15 AM	Open Swim	Beach & Cove, L 3-4
9-11:15 AM	Swim lessons	L 5
11:15 AM-12:15 PM	Aqua Tone & Stretch	All Areas
12:15-3 PM	Open Swim	All Areas
3-4:45 PM	Lap Swim	L3
3-4:45 PM	Open Swim	Beach, Cove
3-4:45 PM	Private Swim Lessons	L 4-5
4:45-7:45 PM	Closed for Programs	All Areas
7:45-9:30 PM	Open Swim	All Areas

Tuesday		
Time	Program	Lanes
5-8 AM	Open Swim	All Areas
8-9 AM	Aqua Yoga	All Areas
9-11:45 AM	Open Swim	Beach & Cove, L 3-4
9-11:45 AM	Swim lessons	L 5
11:45 AM-12:45 PM	PWW	All Areas
12:45-3 PM	Open Swim	All Areas
3-4:45 PM	Lap Swim	L3
3-4:45 PM	Open Swim	Beach, Cove
3-4:45 PM	Private Swim Lessons	L 4-5
4:45-7:45 PM	Closed for Programs	All Areas
7:45-9:30 PM	Open Swim	All Areas

Wednesday		
Time	Program	Lanes
5-8 AM	Open Swim	All Areas
8-9 AM	Open Swim	Beach & Cove
8-9 AM	Cardio Splash	L 3-5
9-11:30 AM	Open Swim	Beach & Cove, L 3-4
9-11:30 AM	Private Swim lessons	L 5
11:30 AM- 12:30 I	PM Aqua Arthritis	All Areas
12:30-3 PM	Open Swim	All Areas
3-4 PM	Lap Swim	L3
3-4 PM	Open Swim	Beach, Cove
3-4 PM	Private Swim Lessons	L 4-5
4-7:45 PM	Closed for Programs	All Areas
7:45-9:30 PM	Open Swim	All Areas

Thursday		
Time	Program	Lanes
5-6 AM	Open Swim	All Areas
6-7 AM	Open Swim	Beach & Cove
6-7 AM	Aqua Tabata	L 3-5
7-8 AM	Open Swim	All Areas
8-9 AM	Aqua Yoga	All Areas
9-10:15 AM	Open Swim	All Areas
10:15-11:45 AM	Closed for Programs	All Areas
11:45 AM-12:45 PM	PWW	All Areas
12:45-3 PM	Open Swim	All Areas
3-4:45 PM	Lap Swim	L3
3-4:45 PM	Open Swim	Beach, Cove
3-4:45 PM	Private Swim Lessons	L 4-5
4:45-7:45 PM	Closed for Programs	All Areas
7:45-9:30 PM	Open Swim	All Areas

Friday		
Time	Program	Lanes
5-8 AM	Open Swim	All Areas
8-9 AM	Open Swim	Beach & Cove
8-9 AM	Aqua Zumba	L 3-5
9-11:30 AM	Open Swim	Beach & Cove, L 3-4
9-11:30 AM	Private Swim lessons	L 5
11:30 AM-12:30 PM	Aqua Arthritis	All Areas
12:30-1:30 PM	Deep water cardio	All Areas
1:30-3 PM	Open Swim	All Areas
3-6 PM	Lap Swim	L3
3-7 PM	Open Swim	Beach, Cove
3-6 PM	Private Swim Lessons	L 4-5
6-7 PM	Closed for Programs	L 3-5
7-8:30 PM	Private Swim Lessons	L 4-5
7-8:30 PM	Open Swim	Beach, Cove, L 3

Saturday		
Time	Program	Lanes
7-9 AM	Open Swim	Beach, Cove, L5
7-9 PM	Lap Swim	L3-4
9 AM-12 PM	Closed for Programs	All Areas
12-1 PM	Open Swim	Beach & Cove
12-1 PM	Private Swim Lessons	L 3-5
1-2 PM	Open Swim	All Areas
2-5:30 PM	Family Swim	All Areas

Sunday		
Program	Lanes	
Open Swim	All Areas	
Closed for Programs	All Areas	
Open Swim	Beach & Cove	
Private Swim Lessons	L 3-5	
Open Swim	All Areas	
Family Swim	All Areas	
	Program Open Swim Closed for Programs Open Swim Private Swim Lessons Open Swim	

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.

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. Pool elements will be turned on and the water slide will be available as long as we can safely operate it.

POOL CLOSURES		
Date	Time	Lanes
Sun Jan 19	1:30-3 PM	All
Lanes will be closed to members during the above times due to		

scheduled pool events.

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 <u>Test, Mark</u>, <u>Protect Parent Guidelines.</u>

Pool schedules for River Crossing YMCA branches are available online at www.ymcarivercrossing.org