Monday		
Time	Program	Lanes
7-9:15 AM	Open Swim	All Areas
9:15-10 AM	Silver Sneakers Splash	All Areas
10 AM-1 PM	Private Swim Lessons	L 1; Shallow in front of L 1
10 AM-1 PM	Open Swim	L 2-3; Shallow in front of L 2-3
1-4 PM	Open Swim	All Areas
4-6:45 PM	Private Swim Lessons	L 1; Shallow in front of L 1
4-6:45 PM	Open Swim	L 2-3; Shallow in front of L 2-3
6:45-7:30 PM	Private Swim Lessons	Deep End
6:45-7:30 PM	Aquacise	Shallow End
7:30-7:45 PM	Open Swim	All Areas

Wednesday			
Time	Program	Lanes	
7-8:30 AM	Open Swim	All Areas	
8:30-9:15 AM	Aqua Fit	All Areas	
9:30-10:15 AM	Aqua-Cise	All Areas	
10:15 AM-1 PM	Private Swim Lessons	L 1; Shallow in front of L 1	
10:15 AM-1PM	Open Swim	L 2-3; Shallow in front of L 2-3	
1-4 PM	Open Swim	All Areas	
4-5:45 PM	Private Swim Lessons	L 1; Shallow in front of L 1	
4-5:45 PM	Open Swim	L 2-3; Shallow in front of L 2-3	
5:45-7:30 PM	Private Swim Lessons	Deep End	
5:45-6:30 PM	Aquacise	Shallow End	
6:45-7:30 PM	Aquacise	Shallow End	
7:30-7:45 PM	Open Swim	All Areas	

Friday		
Time	Program	Lanes
7-10 AM	Open Swim	All Areas
10 AM-1 PM	Private Swim Lessons	L 1; Shallow in front of L 1
10 AM-1 PM	Open Swim	L 2-3; Shallow in front of L 2-3
1-3:30 PM	Open Swim	All Areas
3:30-5 PM	Private Swim Lessons	L 1; Shallow in front of L 1
3:30-5 PM	Open Swim	L 2-3; Shallow in front of L 2-3
5 PM-6:45 PM	Private Swim Lessons	L 1
5 PM-6:45 PM	Family Swim	L 2-3; Shallow End

Sunday			
Time	Program	Lanes	
7 AM-1 PM	Open Swim	L 2-3; Shallow in front of L 2-3	
7 AM- 4:30 PM	Private Swim Lessons	L 1; Shallow in front of L 1	
1-3:30 PM	Family Swim	L 2-3; Shallow in front of L 2-3	
3:30-4:30 PM	Open Swim	L 2-3; Shallow End	

IMPORTANT NOTE: While we try to adhere to this schedule, it may change due to unexpected circumstances. If programs are not running, such as group or private lessons, those lanes may be available for open swim. One time pool closures will be posted on the bottom of the pool schedule & on signs throughout the pool side of the building.

Tuesday			
Time	Program	Lanes	
7-8:30 AM	Open Swim	All Areas	
8:30-9:15 AM	Aqua Fit	All Areas	
9:30-10:15 AM	Aqua-Cise	All Areas	
10:15 AM-1 PM	Private Swim Lessons	L 1; Shallow in front of L 1	
10:15 AM-1 PM	Open Swim	L 2-3; Shallow in front of L 2-3	
1-4:45 PM	Open Swim	All Areas	
4:45-7:45 PM	Private Swim Lessons	L 1 & Bench	
4:45-7:15 PM	Pool Closed For Programs	All Areas	
7:15-7:45 PM	Open Swim	L 2-3; Shallow End	

Thursday			
Time	Program	Lanes	
7-8:30 AM	Open Swim	All Areas	
8:30-9:15 AM	Aqua Fit	All Areas	
9:30-10:15 AM	Aqua Tabata	All Areas	
10:15 AM-1 PM	Private Swim Lessons	L 1; Shallow in front of L 1	
10:15 AM-1 PM	Open Swim	L 2-3; Shallow in front of L 2-3	
1-4 PM	Open Swim	All Areas	
4-7:45 PM	Private Swim Lessons	L 1 & Bench	
4-7:15 PM	Pool Closed For Programs	All Areas	
7:15-7:45 PM	Open Swim	L 2-3; Shallow End	

Saturday			
Time	Program	Lanes	
7-8:30 AM	Open Swim	All Areas	
8:30-9 AM	Open Swim	L 2-3; Shallow End	
8:30-2 PM	Private Swim Lessons	L 1	
9 AM-12 PM	Pool Closed For Programs	All Areas	
12-2 PM	Open Swim	L 2-3; Shallow End	
2-4:30 PM	Family Swim	All Areas	

Key

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

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.

ONE TIME POOL CLOSURES			
Date	Time	Lanes	
Monday 1/19	12:30-2 PM	L 3 & Shallow End	
Friday 1/23	12:30-2 PM	L 3 & Shallow End	

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.

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