

# WARMINSTER POOL SCHEDULE

MAY 1-17

Monday		
Time	Program	Lanes
7-8:15 AM	Open Swim	All Areas
8:15-9:15 AM	Personal Water Workout	L 1; Shallow in front of L 1
8:15-9:15 AM	Open Swim	L 2-3; Shallow in front of L 2-3
9:15-10 AM	Silver Sneakers Splash	All Areas
10:10 AM-1 PM	Private Swim Lessons	L 1; Shallow in front of L 1
10:10 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
10:20 AM-1 PM	Private Swim Lessons	L 1; Shallow in front of L 1
10:20 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
7-8:30 AM	Open Swim	All Areas
8:15-9:00AM	Personal Water Workout	L 1; Shallow in front of L 1
8:15-9:00AM	Open Swim	L 2-3; Shallow in front of L 2-3
9:00-9:45 AM	Aqua HIIT	All Areas
9:50AM-1PM	Private Swim Lessons	L 1; Shallow in front of L 1
9:50AM-1PM	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-1:30 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
1:30-3:30 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.

Pool schedules for River Crossing YMCA branches are available online at [www.ymcarivercrossing.org](http://www.ymcarivercrossing.org)

Tuesday		
Time	Program	Lanes
7-8:15 AM	Open Swim	All Areas
8:30-9:15 AM	Aqua Fit	All Areas
9:30-10:15 AM	Aqua-Cise	All Areas
10:20 AM-1 PM	Private Swim Lessons	L 1; Shallow in front of L 1
10:20 AM-1PM	Open Swim	L 2-3; Shallow in front of L 2-3
1-4 PM	Open Swim	All Areas
1-4:45 PM	Open Swim	All Areas
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
10:20 AM-1 PM	Private Swim Lessons	L 1; Shallow in front of L 1
10:20 AM-1PM	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 AM-4:30 PM	Private Swim Lessons	L 1
9 AM-12 PM	Pool Closed For Programs	All Areas
1:30-3:30 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

Key	
<b>Lap Swim:</b>	Generally reserved for swimmers 12+ using the lane productively.
<b>Personal Water Workout (PWW):</b>	Independent water walking, jogging, or aqua fitness
<b>Open Swim:</b>	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.
<b>Family Swim:</b>	Lap lanes are removed if possible aside from safety lines. Open space is available for swimmers of all ages to swim recreationally.

**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!** Effective Mon May 18th the pool will remain open M-F until 8:30p & S-S until 5:30p. With this change, there will be other changes to support an increased max for water exercise in the evening, minor changes to class times, & additional open swim times! Be sure to pick up an updated pool schedule for May 18-31.