

# YARROW FAMILY YMCA LAP POOL TEMPORARY SCHEDULE

SPRING - STARTING APRIL 12<sup>TH</sup>



**WARM POOL - CLOSED  
TEMPORARY CLOSURE UNTIL  
JUNE 15, 2025**

**APRIL 12 - 27  
FAMILY SWIM WILL BE IN  
PLACE OF SWIM LESSONS**

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY			
6:00am	POOL CLOSED				LAP SWIM 8 LANES				POOL CLOSED				LAP SWIM 8 LANES			
7:00am	LAP SWIM 8 LANES				LAP SWIM 8 LANES				LAP SWIM 8 LANES				LAP SWIM 8 LANES			
8:00am	ADULT SWIM 2 LANES		LAP SWIM 6 LANES		ADULT SWIM 2 LANES		LAP SWIM 6 LANES		ADULT SWIM 2 LANES		LAP SWIM 6 LANES		ADULT SWIM 2 LANES		LAP SWIM 6 LANES	
9:00am	ACTIVE & MOBILE 4 LANES		LAP SWIM 4 LANES		EXTREME POWER WORKOUT 6 LANES		LAP SWIM 2 LANES		ACTIVE & MOBILE 6 LANES		LAP SWIM 2 LANES		EXTREME POWER WORKOUT 6 LANES		LAP SWIM 2 LANES	
10:00am	LAP SWIM 8 LANES				DEEPLY FIT 6 LANES		LAP SWIM 2 LANES		HYDRO FIT PLUS 6 LANES		LAP SWIM 2 LANES		DEEPLY FIT 6 LANES		LAP SWIM 2 LANES	
11:00am	LAP SWIM 8 LANES				LAP SWIM 8 LANES				LAP SWIM 8 LANES				LAP SWIM 8 LANES			
12:00pm	POOL CLOSED				LAP SWIM 8 LANES				POOL CLOSED				LAP SWIM 8 LANES			
1:00pm					LAP SWIM 8 LANES								LAP SWIM 8 LANES			
2:00pm	ADULT SWIM 3 LANES		LAP SWIM 5 LANES		ADULT SWIM 3 LANES		LAP SWIM 5 LANES		ADULT SWIM 3 LANES		LAP SWIM 5 LANES		ADULT SWIM 3 LANES		LAP SWIM 5 LANES	
3:00pm	FAMILY SWIM 3 LANES		LAP SWIM 5 LANES		FAMILY SWIM 3 LANES		LAP SWIM 5 LANES		FAMILY SWIM 3 LANES		LAP SWIM 5 LANES		FAMILY SWIM 3 LANES		LAP SWIM 5 LANES	
4:00pm	SWIM LESSONS 4 LANES		HORIZON 4 LANES		SWIM LESSONS 4 LANES		HORIZON 4 LANES		SWIM LESSONS 4 LANES		STINGRAYS 4 LANES		SWIM LESSONS	SNAP 1 LANES	HORIZON 4 LANES	
5:00pm	SWIM LESSONS 4 LANES		HORIZON 4 LANES		SWIM LESSONS 4 LANES		HORIZON 4 LANES		SWIM LESSONS 4 LANES		HORIZON 4 LANES		SWIM LESSONS	SNAP 1 LANES	HORIZON 4 LANES	
6:00pm	STINGRAYS 1 LANE	SWIM LESSONS 1 LANE	LAP SWIM 2 LANES	HORIZON 4 LANES	SWIM LESSONS 1 LANE	LAP SWIM 3 LANES	HORIZON 4 LANES		STINGRAYS 1 LANE	SWIM LESSONS 1 LANE	LAP SWIM 2 LANES	HORIZON 4 LANES	SWIM LESSONS 1 LANE	LAP SWIM 3 LANES	HORIZON 4 LANES	
7:00pm	LAP SWIM 4 LANES		SWIM CLUB 4 LANES		LAP SWIM 4 LANES		SWIM CLUB 4 LANES		LAP SWIM 4 LANES		SWIM CLUB 4 LANES		LAP SWIM 4 LANES		SWIM CLUB 4 LANES	
8:00pm	POOL CLOSED															

# YARROW FAMILY YMCA LAP POOL SCHEDULE



	FRIDAY		SATURDAY			SUNDAY	
7:00am	LAP SWIM 8 LANES		POOL CLOSED			POOL CLOSED	
8:00am	ADULT SWIM 2 LANES	LAP SWIM 6 LANES	NOTHING BUT NOODLES 5 LANES	LAP SWIM 3 LANES		LAP SWIM 8 LANES	
9:00am	ADULT SWIM 2 LANES	LAP SWIM 3 LANES	SWIM LESSONS 4 LANE	LAP SWIM 3 LANES	SNAP 1 LANES	LAP SWIM 8 LANES	
10:00am	COMPLETE AQUA 5 LANES	LAP SWIM 3 LANES	SWIM LESSONS 4 LANE	LAP SWIM 3 LANES	SNAP 1 LANES	FAMILY SWIM 3 LANES	LAP SWIM 5 LANES
11:00am	CORE & MUCH MORE 5 LANES	LAP SWIM 3 LANES	SWIM LESSONS 4 LANE	LAP SWIM 3 LANES	SNAP 1 LANES	FAMILY SWIM 3 LANES	LAP SWIM 5 LANES
12:00pm	POOL CLOSED		FAMILY SWIM 3 LANES	LAP SWIM 5 LANES		FAMILY SWIM 3 LANES	LAP SWIM 5 LANES
1:00pm			FAMILY SWIM 3 LANES	LAP SWIM 5 LANES		FAMILY SWIM 3 LANES	LAP SWIM 5 LANES
2:00pm	FAMILY SWIM 2 LANES	LAP SWIM 6 LANES	FAMILY SWIM 3 LANES	LAP SWIM 5 LANES		POOL CLOSING AT 2:00pm	
3:00pm	FAMILY SWIM 2 LANES	LAP SWIM 6 LANES	FAMILY SWIM 3 LANES	LAP SWIM 5 LANES			
3:30pm			POOL CLOSING AT 3:30pm				
4:00pm	FAMILY SWIM 2 LANES	LAP SWIM 2 LANES	STINGRAYS 4 LANES	LAP LANE SWIM SPACE The lap lanes that we have available vary by day and time. Please review our app for how many lap lanes we have available at any given time.			
5:00pm	FAMILY SWIM 2 LANES	LAP SWIM 2 LANES	HORIZON 4 LANES	LAP SWIM ETIQUETTE			
6:00pm	FAMILY SWIM 2 LANES	LAP SWIM 2 LANES	HORIZON 4 LANES	<ul style="list-style-type: none"> <li>• Lanes are available on a first come, first served basis.</li> <li>• If there are more than 2 in a lane, you must swim in circle pattern.</li> <li>• Please wait at least 5 seconds between swimmers.</li> <li>• Communicate with your lane mates. Let them know that you are entering the lane before pushing off to swim. This will help avoid in-water collisions!</li> <li>• If you finish a set or need a break, please stand to the side of the lane to avoid blocking the middle of the wall.</li> <li>• If you need to let a swimmer pass, please do so at the wall.</li> <li>• Above all, be considerate and treat others with respect!</li> </ul>			
6:30pm	POOL CLOSING AT 6:30pm						

ADULT SWIM	Open swim for adults 12 year and older
AQUA CLASS	Structured water classes taught by instructor
FAMILY SWIM	Open swim for all ages
HORIZON	Swim team
LAP SWIM	Continuous swimming
STINGRAYS	Pre-competitive swim class - registration is required
SWIM CLUB	Adults improving stroke technique
SWIM LESSONS	Learn water safety and skills - registration is required
Questions? Contact <a href="mailto:yarrowaquatics@sevyymca.org">yarrowaquatics@sevyymca.org</a>	

TO VIEW ALL CURRENT SCHEDULES  
**SCAN HERE**

