

## CHURCH STREET POOL(S)

### Schedule for October 2024

Schedule subject to change without notice. Please visit [www.WSYMCA.org](http://www.WSYMCA.org) for schedule updates and changes.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adult Lap</b>	7:00am-12:00pm(5) 12:00pm-5:45pm (4)	5:30am-8:15am (5) 8:15am-9:00am (4) 9:00am-5:00pm (4) 7:00pm-8:00pm (3) 8:00pm-9:00pm (5)	5:30am-8:00am (5) 8:00am-9:00am (2) 9:00am-5:00pm (3-4) 7:00pm-7:45pm (5)	5:30am-8:15am (5) 8:15am-9:00am (4) 9:00am-5:00pm (3-4) 7:00pm-8:00pm (3) 8:00pm-9:00pm (5)	5:30am-8:30am (5) 8:00am-9:00am (2) 9:00am-5:00pm (3-4) 7:00pm-7:45pm (5)	5:30am-5:00pm (4) 5:00pm-7:00pm (3) 7:00pm-7:45pm (5)	7:00am-9:00am(5) 9:00am-12:45pm (4) 12:45pm-5:45pm (4)
<b>Adult Rec Swim</b>	7:00am-5:45pm (1)	5:30am-8:15am (1) 9:00am-5:00pm (1) 8:00pm-9:00pm (1)	5:30am-8:00am (1) 9:00am-5:00pm (1) 7:00pm-7:45pm (1)	5:30am-8:15am (1) 9:00am-5:00pm (1)	5:30am-8:00am (1) 9:00am-5:00pm (1) 7:00pm-7:45pm (1)	5:30am-5:00pm (1) 7:00pm-7:45pm (1)	7:00am-5:45pm (1)
<b>Youth Lap</b>	12:00pm-5:45pm (1)						12:45pm-5:45pm (1)
<b>Family Swim</b>	<b>*Please check online family swim schedule at <a href="http://www.wsymca.org">www.wsymca.org</a>*</b>						
<b>Masters</b>			8:00am-9:00am (4)		8:00am-9:00am (4)		
<b>Aqua Fitness</b>		8:15am-9:00am (BP)	9:30am-10:15am (SP)	8:15am-9:00am (BP)	9:30am-10:15am (SP)	8:15am-9:00am (BP)	
<b>Blue Waves</b>		5:00pm-7:00pm (6) 7:00pm-8:00pm (3)	5:00pm-7:00pm (6)	5:00pm-7:00pm (6) 7:00pm-8:00pm (3)	5:00pm-7:00pm (6)	5:00pm-7:00pm (3)	
<b>Water Polo</b>			7:45pm-9:00pm (6)		7:45pm-9:00pm (6)		

(#) = Lanes available in big pool

(sp) = Small pool

(v) = Lanes available varies based on programming

\* = Shared pool with family swim and adult rec swim

## WELLS AVENUE POOL

### Schedule for October 2024

Schedule subject to change without notice. Please visit [www.WSYMCA.org](http://www.WSYMCA.org) for schedule updates and changes.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adult Lap</b>	7:00am-12:00pm (3) 12:00pm-3:00pm (2) 3:00pm-5:45pm (3)	5:30am-6:00am (3) 6:00am-7:00am (2) 7:00am-5:30pm (3) 5:30pm-7:00pm (2) 7:00pm-9:00pm (3)	5:30am-3:00pm (3) 3:00pm-5:00pm (3) 5:00pm-7:00pm (3) 7:00pm-9:00pm (3)	5:30am-7:00am (2) 7:00am-9:30am (3) 9:30am-10:15am (2) 10:15am-5:30pm (3) 5:30pm-7:00pm (2) 7:00pm-9:00pm (3)	5:30am-3:00pm (3) 3:00pm-5:00pm (2) 5:00pm-9:00pm (3)	5:30am-9:30am (3) 9:30am-10:15am(2) 10:15am-3:00pm (3) 3:00pm-7:45pm (2)	7:00am-10:00am (3) 10:00am-12:30pm (2) 12:30pm-4:00pm (3) 4:00pm-5:45pm (2)
<b>Adult Rec Swim</b>	7:00am-12:00pm (1) 3:00pm-5:45pm (1)	5:30am-6:00am (1) 7:00am-4:00pm (1) 7:00pm-9:00pm (1)	5:30am-3:00pm (1) 5:00pm-9:00pm (1)	5:30am-9:15am (1) 10:15am-1:30pm (1) 7:00pm-9:00pm (1)	5:30am-1:00pm (1) 7:00pm-9:00pm (1)	5:30am-9:30am (1) 10:15am-3:00pm (1) 5:00pm-6:00pm (1)	7:00am-9:00am (1)
<b>Masters</b>		6:00am-7:00am (2)		6:00am-7:00am (2)			
<b>Family Swim</b>	<b>*Please check online family swim schedule at <a href="http://www.wsymca.org">www.wsymca.org</a>*</b>						
<b>Aqua Fitness</b>				9:30am-10:15am (2)		9:30am-10:15am (2)	

(#) = Lanes available

^=Number of lanes based on pool usage



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Swim Definitions

**Adult Lap Swim (ages 16+):** Swimmers must swim laps in the pool. Kickboards and pull buoys are available for use

**Adult Rec Swim (ages 16+):** Swimmers can do water exercises (e.g., aqua jogging, water aerobics, use barbells and noodles).

**Family Swim (all ages\*):** Play-time for everyone in the pool. Noodles, barbells, toys, and bubble belts are available for use. Swimmers may be in the deep end if they pass the Deep End Swim Test.

\*Children under 7 must be one-on-one with an adult (age 16+) within arms reach of accompanying adult

**Youth Lap (ages 7-16):** This is a lap lane in the Big Pool designated to youth and teens interested in swimming laps. This is not a free play-time. Swimmers MUST be competent swimmers (YMCA Swim Lessons Stage 5 or higher).