

CHURCH STREET POOL(S)

Schedule for December 29-January 4

Schedule subject to change without notice. Please visit www.WSYMCA.org for schedule updates and changes.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Lap	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)	7:00am-8:00am (5) 8:00am-9:00am (2) 9:00am-2:45pm (3-4)	10:00am-2:00pm (5) 2:00pm-4:45pm (4)	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)
Adult Rec Swim	7:00am-5:45pm (1)	5:30am-8:15am (1) 9:00am-5:00pm (1) 8:00pm-9:00pm (1)	7:00am-8:00am (1) 9:00am-2:45pm (1)	10:00am-4:45pm (1)	5:30am-8:00am (1) 9:00am-5:00pm (1) 10:30am-12:00pm (SP) 7:00pm-7:45pm (1)	5:30am-5:00pm (1) 10:30am-12:00pm (SP) 7:00pm-7:45pm (1)	7:00am-5:45pm (1)
Youth Lap	12:00pm-5:45pm (1)	12:30pm-3:00pm	1:00pm-2:45pm	2:00pm-4:45pm (1)			12:45pm-5:45pm (1)
Family Swim	*Please check online family swim schedule at www.wsymca.org*						
Masters			8:00am-9:00am (4)		8:00am-9:00am (4)		
Aqua Fitness		8:15am-9:00am (BP)			9:30am-10:15am (SP)	8:15am-9:00am (BP)	
Blue Waves		5:00pm-7:00pm (6)			5:00pm-7:00pm (6)	5:00pm-7:00pm (3)	
Water Polo					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 December 29-January 4

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Lap	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)	7:00am-2:45pm (3)	10:00am-4:45pm (3)	5:30am-3:00pm (3) 3:00pm-5:00pm (2) 5:00pm-7:00pm (3) 7:00pm-8:00pm (2) 8:00pm-9:00pm (3)	5:30am-9:30am (3) 9:30am-10:15am(2) 10:15am-4:00pm (3) 4:00pm-7:45pm (2)	7:00am-10:00am (3) 10:00am-12:30pm (2) 12:30pm-4:00pm (3) 4:00pm-5:45pm (2)
Adult Rec Swim	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)	7:00am-2:45pm (1)	10:00am-4:45pm (1)	5:30am-3:00pm (1) 8:00pm-9:00pm (1)	5:30am-9:30am (1) 10:15am-3:30pm (1) 5:00pm-7:00pm (1)	7:00am-9:00am (1)
Masters		6:00am-7:00am (2)					
Family Swim	*Please check online family swim schedule at www.wsymca.org*						
Aqua Fitness						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).