## CHURCH STREET POOL(S)

## Schedule for July 2025

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

chedule subject to cha	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sundy	5:30am-8:15am (5)		5:30am-8:15am (5)			outurday
	7:00am-12:00pm(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)	8:15am-9:00am (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)
	12:00pm-6:30pm (4)			9:00am-2:00pm (4-5) 2:00pm-5:00pm (3-4) 7:00pm-8:00pm (3)			9:00am-12:45pm (4)
							12:45pm-6:30pm (4)
				8:00pm-9:00pm (5)			
Adult Rec Swim	7:00am-6:30pm (1)	5:30am-8:15am (1)	5:30am-8:00am (1) 9:00am-5:00pm (1)	5:30am-8:15am (1) 9:00am-5:00pm (1)	5:30am-8:00am (1)		
		9:00am-5:00pm (1)			9:00am-5:00pm (1)	7:00pm-7:45pm (1)	7:00am-6:30pm (1)
		8:00pm-9:00pm (1)	7:00pm-7:45pm (1)		7:00pm-7:45pm (1)		
Youth Lap	12:00pm-5:45pm (1)						1:15pm-5:45pm (1)
Family Swim		•	*Please check online	e 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)	8:15am-9:00am(SP)	8:15am-9:00am (BP)	8:15am-9:00am(SP)	8:15am-9:00am (BP)	
Blue Waves		5:00pm-7:00pm (6)	5:00pm-7:00pm (6)	5:00pm-7:00pm (6)	5:00pm-7:00pm (6)	5:00pm-7:00pm (3)	
		7:00pm-8:00pm (3)		7:00pm-8:00pm (3)			
Water Polo			7:45pm-9:00pm (6)		7:45pm-9:00pm (6)		
<b>WELLS AVENU</b>	varies based on programm	ing	(sp) = Small pool * = Shared pool with fami	ly swim and adult rec swin	n		
v) = Lanes available v WELLS AVENU chedule for July 2	varies based on programm E POOL 025	•	* = Shared pool with fami		n		
v) = Lanes available v WELLS AVENU chedule for July 2	varies based on programm E POOL 025	ing visit www.WSYMCA.org for se Monday	* = Shared pool with fami		n Thursday	Friday	Saturday
v) = Lanes available v WELLS AVENU chedule for July 2	varies based on programm E POOL 025 Inge without notice. Please	visit www.WSYMCA.org for so Monday	* = Shared pool with fami	s. Wednesday		Friday	Saturday
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<ul> <li>r) = Lanes available v</li> <li>WELLS AVENU</li> <li>chedule for July 2</li> <li>chedule subject to cha</li> </ul>	Aries based on programm E POOL 025 Inge without notice. Please Sunday 7:00am-2:15pm (3)	visit www.WSYMCA.org for so Monday 5:30am-6:00am (3) 6:00am-7:00am (2) 7:00am-8:15am (3)	* = Shared pool with fami chedule updates and changes Tuesday 5:30am-9:00am (3) 9:00am-6:00pm (2) 3:30pm-5:30pm (3)	5:30am-6:00am (3) 6:00am-7:00am (2) 7:00am-8:15am (3)	<b>Thursday</b> 5:30am-9:00am (3) 9:00am-5:00pm (2)	5:30am-8:15am (3) 8:15am-9:00am (2) 9:00am-11:30am (3)	7:00am-10:00am (3) 10:00am-2:30pm (2)
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(#) = 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).