



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OUTDOOR POOL SCHEDULE PRISMA HEALTH FAMILY YMCA - April 15th-May 27th

### MONDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-9:30am	Lap Swim							
9:30-10:30am	Aqua Fitness			Lap Swim				
10:30am-5:00pm	Lap Swim							
5:00-6:30pm	Swim Academy		Lap Swim			Family Swim		
6:30-8:00pm						Family Swim		

### WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00am-9:30am	Lap Swim							
9:30-10:30am	Aqua Fitness			Lap Swim				
10:30am-5:00pm	Lap Swim							
5:00-6:30pm	Swim Academy		Lap Swim			Family Swim		
6:30-8:00pm						Family Swim		

### TUESDAY & THURSDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-9:00am	Lap Swim							
9:00-10:00am	Aqua Fitness (Tuesday AM only)				Lap Swim			
10:00-5:00pm	Lap Swim							
5:00-6:30pm	Swim Academy		Lap Swim			Family Swim		
6:30-8:00pm	Aqua Fitness				Lap Swim			

### Friday

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-9:00am	Lap Swim							
9:00-10:00am	Aqua Fitness				Lap Swim			
10:00am-8:00pm	Lap Swim					Family Swim		

### Saturday

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30-9:15am	Lap Swim							
9:15-11:15am	Aqua Fitness				Lap Swim			
11:15-4:00pm	Lap Swim					Family Swim		

### Sunday

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00-4:30pm	Lap Swim					Family Swim		

**\*All pool hours subject to change | Group rentals may occur at any time**

Children 0-5 years old must have a parent or guardian in the pool with them in the water within arm's reach.

Children 6-12 years old must have a parent or responsible adult present on the pool deck at all times. (Must take swim test)

Children 5-14 must wear a Coast Guard approved Life vest (PFD), pass a swim test, or be within arms reach of parent or an adult