



SUMMER

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE CAINE HALTER FAMILY YMCA - June 5th-August 7th

MONDAY				
Time	Lane 1	Lane 2	Lane 3	Open Section
5:00-8:30am	Lap Swim			Open Swim
8:30-9:30am	Lap Swim	Water Aerobics		
9:30-12:00pm	YMCA Camp		Lap Swim	Open Swim
12:00-3:45pm	YMCA Camp			Open Swim
3:45-8:00pm	Lap Swim		Swim Lessons	
TUESDAY & THURSDAY				
Time	Lane 1	Lane 2	Lane 3	Open Section
5:00-8:30am	Lap Swim			Open Swim
8:30-9:30am	Lap Swim	Water Aerobics		
9:30-12:00pm	YMCA Camp		Lap Swim	Open Swim
12:00-3:45pm	YMCA Camp			Open Swim
3:45-6:45pm	Lap Swim		Swim Lessons	
6:45-8:00pm	Foothills Paddling Club Kayaking (Tuesday Only)			
WEDNESDAY				
Time	Lane 1	Lane 2	Lane 3	Open Section
5:00-8:30am	Lap Swim			Open Swim
8:30-9:30am	Lap Swim	Water Aerobics		
9:30-12:00pm	YMCA Camp		Lap Swim	Open Swim
12:00-2:00pm	YMCA Camp			Open Swim
2:00-3:00pm	YMCA Camp			Water Aerobics
3:00-3:45pm	YMCA Camp			Open Swim
3:45-8:00pm	Lap Swim		Swim Lessons	
FRIDAY				
Time	Lane 1	Lane 2	Lane 3	Open Section
5:00-8:30am	Lap Swim			Open Swim
8:30-10:00am	Lap Swim	Water Aerobics		
10:00-2:00pm	YMCA Camp			Open Swim
2:00-3:00pm	YMCA Camp			Water Aerobics
3:00-5:00pm	YMCA Camp			Open Swim
5:00-7:30pm	Lap Swim			Open Swim
Saturday				
Time	Lane 1	Lane 2	Lane 3	Open Section
7:00-8:30am	Lap Swim			Open Swim
8:30-9:15am	Lap Swim		Swim Lessons	
9:15-10:30am	Swim Lessons			
10:30-12:00pm	Lap Swim		Swim Lessons	
12:00-4:30pm	Lap Swim			Open Swim
Sunday				
1:00-4:30pm	Lap Swim			Open Swim

***All pool hours and schedule subject to change**

*Open swim is for aerobics, water walking, and family swim.

