



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OUTDOOR POOL SCHEDULE PRISMA HEALTH FAMILY YMCA - June 1st-August 6th

### MONDAY

| Time            | Lane 1       | Lane 2 | Lane 3 | Lane 4   | Lane 5 | Lane 6      | Lane 7 | Lane 8 |
|-----------------|--------------|--------|--------|----------|--------|-------------|--------|--------|
| 5:00-9:20am     | Lap Swim     |        |        |          |        |             |        |        |
| 9:20-10:10am    | Aqua Fitness |        |        | Lap Swim |        |             |        |        |
| 10:10am-12:30pm | Swim Lessons |        |        | Lap Swim |        | Family Swim |        |        |
| 12:30-8:30pm    | Lap Swim     |        |        |          |        | Family Swim |        |        |

### TUESDAY

| Time         | Lane 1       | Lane 2 | Lane 3 | Lane 4   | Lane 5   | Lane 6      | Lane 7 | Lane 8 |
|--------------|--------------|--------|--------|----------|----------|-------------|--------|--------|
| 5:00-8:45am  | Lap Swim     |        |        |          |          |             |        |        |
| 8:45-9:45am  | Aqua Fitness |        |        |          | Lap Swim |             |        |        |
| 9:45-12:30pm | Swim Lessons |        |        | Lap Swim |          | Family Swim |        |        |
| 12:30-6:00pm | Lap Swim     |        |        |          |          | Family Swim |        |        |
| 6:00-7:50pm  | Aqua Fitness |        |        |          | Lap Swim |             |        |        |
| 7:50-8:30pm  | Lap Swim     |        |        |          |          |             |        |        |

### WEDNESDAY

| Time            | Lane 1       | Lane 2 | Lane 3 | Lane 4   | Lane 5 | Lane 6      | Lane 7 | Lane 8 |
|-----------------|--------------|--------|--------|----------|--------|-------------|--------|--------|
| 5:00am-9:20am   | Lap Swim     |        |        |          |        |             |        |        |
| 9:20-10:10am    | Aqua Fitness |        |        | Lap Swim |        |             |        |        |
| 10:10am-12:30pm | Swim Lessons |        |        | Lap Swim |        | Family Swim |        |        |
| 12:30-8:30pm    | Lap Swim     |        |        |          |        | Family Swim |        |        |

### THURSDAY

| Time          | Lane 1       | Lane 2 | Lane 3 | Lane 4   | Lane 5   | Lane 6      | Lane 7 | Lane 8 |
|---------------|--------------|--------|--------|----------|----------|-------------|--------|--------|
| 5:00-10:10am  | Lap Swim     |        |        |          |          |             |        |        |
| 10:00-12:30pm | Swim Lessons |        |        | Lap Swim |          | Family Swim |        |        |
| 12:30-6:00pm  | Lap Swim     |        |        |          |          | Family Swim |        |        |
| 6:00-7:50pm   | Aqua Fitness |        |        |          | Lap Swim |             |        |        |
| 7:50-8:30pm   | Lap Swim     |        |        |          |          |             |        |        |

### FRIDAY

| Time           | Lane 1       | Lane 2 | Lane 3 | Lane 4 | Lane 5   | Lane 6      | Lane 7 | Lane 8      |
|----------------|--------------|--------|--------|--------|----------|-------------|--------|-------------|
| 5:00-8:45am    | Lap Swim     |        |        |        |          |             |        |             |
| 8:45-10:40am   | Aqua Fitness |        |        |        | Lap Swim |             |        | Family Swim |
| 10:40am-8:30pm | Lap Swim     |        |        |        |          | Family Swim |        |             |

### Saturday

| Time         | Lane 1       | Lane 2 | Lane 3 | Lane 4 | Lane 5   | Lane 6      | Lane 7 | Lane 8 |
|--------------|--------------|--------|--------|--------|----------|-------------|--------|--------|
| 7:00-9:00am  | Lap Swim     |        |        |        |          |             |        |        |
| 9:00-10:50am | Aqua Fitness |        |        |        | Lap Swim |             |        |        |
| 10:50-4:30pm | 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