



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAINE HALTER FAMILY YMCA - INDOOR POOL SCHEDULE August 7 - December 31

MONDAY & WEDNESDAY				
Time	Lane 1	Lane 2	Lane 3	Open Section
5:00-9:00am	Lap Swim			Open Swim
9:00-10:00am	Lap Swim	Aqua Fit		
10:00-11:50am	Lap Swim			Swim Lessons
11:50-2:00pm	Lap Swim			Open Swim
2:00-3:00pm	Lap Swim	Water Works		
3:00-3:45pm	Lap Swim			Open Swim
3:45-5:00pm	Lap Swim			Swim Lessons
5:00-6:00pm	Swim Academy	Lap Swim		Swim Lessons
6:00-7:25pm	Lap Swim		Swim Lessons	
7:25-8:30pm	Lap Swim			Open Swim
TUESDAY & THURSDAY				
Time	Lane 1	Lane 2	Lane 3	Open Section
5:00-8:00am	Lap Swim			Open Swim
8:00-9:00am	Lap Swim	Aqua Fit		
9:00-10:00am	Lap Swim	Aqua Arthritis		
10:00-11:40am	Lap Swim			Swim Lessons
11:40-3:45pm	Lap Swim			Open Swim
3:45-5:00pm	Lap Swim			Swim Lessons
5:00-6:00pm	Swim Academy	Lap Swim		Swim Lessons
6:00-7:15pm	Lap Swim 101 Tuesday	Lap Swim		Swim Lessons
7:15-8:30pm	Foothills Paddling Club Kayaking (Tuesday Only)			
FRIDAY				
Time	Lane 1	Lane 2	Lane 3	Open Section
5:00-8:30am	Lap Swim			Open Swim
9:00-10:00am	Lap Swim	Aqua Fit		
10:00-12:00pm	Lap Swim			Open Swim
12:00-1:00pm	Lap Swim			Water Works
1:00-4:00pm	Lap Swim			Open Swim
4:00-5:00pm	Lap Swim			YMCA Programming
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	
9:15-11:15am	Swim Lessons			
11:15-12:00pm	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 are subject to change.**

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