



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

CAINE HALTER FAMILY YMCA

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 **WEDNESDAYS ONLY** | | |
| 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 |
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*All pool hours and schedule are subject to change

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