



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

CAINE HALTER FAMILY YMCA
August 7th - December 31st, 2023

MONDAY

Time	Lane 1	Lane 2	Lane 3	Shallow Section	Deep Section
5:00-8:00am	Lap Swim			Open Swim	Open Swim
8:00-9:00am	Lap Swim		Aqua Fit Plus		
9:00-10:00am	Lap Swim	Aqua Fit			
10:00-12:00pm	Lap Swim			Swim Lesson	Open Swim
12:00-1:00pm	Lap Swim		Water Works		
1:00-3:45pm	Lap Swim			Open Swim	Open Swim
3:45-4:30pm	lap Swim			Swim Lessons	Open Swim
4:30-5:00pm	Lap Swim		Swim Lessons		Open Swim
5:00-7:00pm	Swim Academy		Lap Swim	Swim Lessons	Open Swim
7:00-8:30pm	Lap Swim			Open Swim	

TUESDAY

Time	Lane 1	Lane 2	Lane 3	Shallow Section	Deep Section
5:00-8:00am	Lap Swim			Open Swim	Open Swim
8:00-9:00am	Lap Swim	Aqua Fit			
9:15-10:00am	Lap Swim		Aqua Arthritis		
10:00-11:30am	Lap Swim			Swim Lessons	Open Swim
11:30am-3:45pm	Lap Swim			Open Swim	Open Swim
3:45-4:30pm	Lap Swim			Swim Lessons	Open Swim
4:30-5:00pm	Lap Swim		Swim Lessons		Open Swim
5:00-7:00pm	Swim Academy		Lap Swim	Swim Lessons	Open Swim
7:15-8:30pm	Foothills Paddling Club Kayaking				

WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Shallow Section	Deep Section
5:00-9:00am	Lap Swim			Open Swim	Open Swim
9:00-10:00am	Lap Swim	Aqua Fit			
10:00-2:00pm	Lap Swim			Open Swim	Open Swim
2:00-3:00pm	Lap Swim		Water Works		
3:00-3:45pm	Lap Swim			Open Swim	Open Swim
3:45-4:30pm	Lap Swim			Swim Lessons	Open Swim

4:30-5:00pm	Lap Swim		Swim Lessons		Open Swim
5:00-7:00pm	Swim Academy	Lap Swim	Swim Lessons	Open Swim	
7:00-8:30pm	Lap Swim		Open Swim	Open Swim	
THURSDAY					
5:00-8:00am	Lap Swim		Open Swim	Open Swim	
8:00-9:00am	Lap Swim	Aqua Fit			
9:15-10:00am	Lap Swim	Aqua Arthritis			
10:00am-3:45pm	Lap Swim		Open Swim	Open Swim	
3:45-4:30pm	Lap Swim		Swim Lessons	Open Swim	
4:30-5:00pm	Lap Swim	Swim Lessons		Open Swim	
5:00-7:00pm	Swim Academy	Lap Swim	Swim Lessons	Open Swim	
6:30-8:30pm	Lap Swim		Open Swim	Open Swim	
FRIDAY					
Time	Lane 1	Lane 2	Lane 3	Shallow Section	Deep Section
5:00-9:00am	Lap Swim		Open Swim	Open Swim	
9:00-10:00am	Lap Swim	Aqua Fit			
10:00-12:00pm	Lap Swim		Open Swim	Open Swim	
12:00-1:00pm	Lap Swim	Water Works			
1:00-4:00pm	Lap Swim		Open Swim	Open Swim	
3:15-7:30pm	Lap Swim		YMCA Programming (select dates)		
4:00-7:30pm	Lap Swim		Open Swim	Open Swim	
SATURDAY					
Time	Lane 1	Lane 2	Lane 3	Shallow Section	Deep Section
7:00-8:30am	Lap Swim		Open Swim	Open Swim	
8:30-9:15am	Lap Swim	Swim Lessons		Open Swim	
9:15-10:30am	Swim Lessons Only				
10:30-12:00pm	Lap Swim	Swim Lessons		Open Swim	
12:00-4:30pm	Lap Swim		Open 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.**

