



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

June 3rd- August 4th 2024

MONDAY

Time	Lane 1	Lane 2	Lane 3	Shallow Section	Deep Section
5:00-8:00am	Lap Swim			Open Swim	Open Swim
8:00-9:30am	Lap Swim		Aqua Fit Plus		
9:30-10:30am	Swim Camp		Lap Swim	Open Swim	Open Swim
10:30-12:00pm	Swim Camp		Lap Swim	Swim Lessons	Open Swim
12:00-1:00pm	Lap Swim		Water Works		
1:00-4:00pm	Day Camp		Lap Swim	Swim Lessons	Open Swim
4:00-6:45pm	Lap Swim		Swim Lessons		Open Swim
6:45-7:30pm	Adult Swim Lessons		Lap Swim	Swim Lessons	Open Swim
7:30-8:30pm	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
8:00-8:45am	Lap Swim	Aqua Fit			
8:45-9:30am	Lap Swim		Aqua Arthritis		
9:30-12:00pm	Swim Camp		Lap Swim	Open Swim	Open Swim
12:00-1:00pm	Lap Swim			Open Swim	Open Swim
1:00-4:00pm	Day Camp		Lap Swim	Swim Lessons	Open Swim
4:00-6:30pm	Lap Swim		Swim Lessons		Open Swim
6:30-7:15pm	Lap Swim			Swim Lessons	Open Swim
7:15-8:30pm	Foothills Paddling Club Kayaking (Entire pool closed)				

WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Shallow Section	Deep Section
5:00-8:30am	Lap Swim			Open Swim	Open Swim
8:30-9:30am	Lap Swim	Aqua Fit			
9:30-12:00pm	Swim Camp		Lap Swim	Open Swim	Open Swim
12:00-1:00pm	Lap Swim		Water Works		
1:00-4:00pm	Day Camp		Lap Swim	Swim Lessons	Open Swim
4:00-6:45pm	Lap Swim		Swim Lessons		Open Swim
6:45-7:30pm	Adult Swim Lessons		Lap Swim	Swim Lessons	Open Swim
7:30-8:30pm	Lap Swim			Open Swim	

THURSDAY					
Time	Lane 1	Lane 2	Lane 3	Shallow Section	Deep Section
5:00-7:30am	Lap Swim			Open Swim	open Swim
7:30-8:45am	Lap Swim	Aqua Fit			
8:45-9:30am	Lap Swim		Aqua Arthritis		
9:30-12:00pm	Swim Camp		Lap Swim	Open Swim	Open Swim
12:00-1:00pm	Lap Swim			Open Swim	Open Swim
1:00-4:00pm	Day Camp		Lap Swim	Swim Lessons	Open Swim
4:00-6:30pm	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
5:00-8:30am	Lap Swim			Open Swim	Open Swim
8:30-9:30am	Lap Swim	Aqua Fit			
9:30-12:00pm	Swim Camp		Lap Swim	Swim lessons	Open Swim
12:00-1:00pm	Lap Swim		Water Works		
1:00-4:00pm	Day Camp		Lap Swim	Open Swim	Open Swim
4:00-7:30pm	Lap Swim			YMCA Programming/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
9:15-11:30am	Swim Lessons Only				Open Swim
11:30-12:15pm	Lap Swim		Swim Lessons		Open Swim
12:15-4:30pm	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 recreational swim****