



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

## January 1st - June 1st 2025

### CAINE HALTER FAMILY YMCA

#### 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			
10:00-11:15am	Lap Swim		Swim Lesson	Open Swim	
11:15-1:15pm	Lap Swim			Open Swim	Open Swim
1:15-2:15pm	Lap Swim	Special Olympics	Aqua Fit Plus-Shallow	Open Swim	
2:30-3:45pm	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	
5:00-6:00pm	Swim Academy		Lap Swim	Swim Lessons	Open Swim
6:00-7:15pm	Lap Swim		Swim Lessons	Open Swim	
7:15-8:30pm	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/S.O.		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			
10:00-2:30pm	Lap Swim			Open Swim	Open Swim
2:30-3:30pm	Lap Swim			Aqua Fit Plus - Shallow	Open Swim
3:30-4:30pm	Lap Swim			Swim Lessons	Open Swim
4:30-5:00pm	Lap Swim		Swim Lessons	Open Swim	

5:00-6:00pm	Swim Academy	Lap Swim	Swim Lessons	Open Swim	
6:00-6:45pm	Special Olympics Swim Team		Swim Lessons	Open Swim	
6:45-8:30pm	Lap Swim		Open Swim		
<b>THURSDAY</b>					
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-1:30pm	Lap Swim		Open Swim	Open Swim	
1:30-2:30pm	Special Olympics Swim Team		Open Swim	Open Swim	
2:30-4:30	Lap Swim		Open Swim	Open Swim	
4:30-5:00pm	Lap Swim		Swim Lessons	Open Swim	
5:00-6:30pm	Swim Academy	Lap Swim	Swim Lessons	Open Swim	
6:30-8:30pm	Lap Swim		Open Swim	Open Swim	
<b>FRIDAY</b>					
<b>Time</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Shallow Section</b>	<b>Deep Section</b>
5:00-9:00am	Lap Swim			Open Swim	Open Swim
9:00-10:00am	Lap Swim	Aqua Fit			
10:00-2:30pm	Lap Swim			Open Swim	Open Swim
2:30-3:30pm	Lap Swim			Aqua Fit Plus	Open Swim
3:30-4:30pm	Lap Swim			YMCA Programming (select dates)	
4:30-7:30pm	Lap Swim			Open Swim	Open Swim
Make up Swim Lessons are held on Fridays					
<b>SATURDAY</b>					
<b>Time</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Shallow Section</b>	<b>Deep Section</b>
7:00-8:30am	Lap Swim			Open Swim	Open Swim
8:30-9:15am	Lap Swim		Swim Lessons		Open Swim
9:15-11:15am	Swim Lessons Only				Open Swim
11:15-12:00pm	Lap Swim		Swim Lessons		Open Swim
12:00-4:30pm	Lap Swim			Open Swim	Open Swim
<b>SUNDAY</b>					
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.**