

# CENTRAL POOL SCHEDULES

## DEEP POOL

Effective Mar 22 - Apr 10, 2021

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00	LAP SWIM & INDIVIDUAL EXERCISE* 5:15-10:00 am	LAP SWIM & INDIVIDUAL EXERCISE* 5:15-10:00 am	LAP SWIM & INDIVIDUAL EXERCISE* 5:15-10:00 am	LAP SWIM & INDIVIDUAL EXERCISE* 5:15-10:00 am	LAP SWIM & INDIVIDUAL EXERCISE* 5:15-10:00 am	LAP SWIM & INDIVIDUAL EXERCISE* 7:00-10:00 am	
6:00							
7:00							
8:00							
9:00							
10:00	LAP/OPEN SWIM* 10:00am- 1:00pm	LAP/OPEN SWIM* 10:00am- 1:00pm	LAP/OPEN SWIM* 10:00am- 1:00pm	LAP/OPEN SWIM* 10:00am- 1:00 pm	LAP/OPEN SWIM* 10:00am- 1:00pm	LAP/OPEN SWIM* 10:00am-12:00pm	
11:00							
12:00						DEEP POOL CLOSED	
1:00							
2:00							
3:00							
4:00							
5:00	LAP/OPEN SWIM* 4:00-7:30pm	LAP/OPEN SWIM* 4:00-7:30pm	LAP/OPEN SWIM* 4:00-7:30pm	LAP/OPEN SWIM* 4:00-7:30pm	LAP/OPEN SWIM* 4:00-7:30pm	M/W/F 5-7:30PM beginning 4/12/21	
6:00							
7:00							

**\*Members must register for a time for lap lanes on our website: [YMCAyo.org/aquatics](http://YMCAyo.org/aquatics)**

To maintain proper social distancing, lanes should not be shared unless member with reservation is comfortable sharing.

## SHALLOW POOL

	MON	TUE	WED	THU	FRI	SAT	SUN
8:00	OPEN SWIM 8:00 - 8:30 am		OPEN SWIM 8:00 - 8:30 am		OPEN SWIM 8:00 - 8:30 am	OPEN SWIM 9:00am- 1:00pm	
8:30	WATER FITNESS 8:30-9:15am		WATER FITNESS 8:30-9:15am		WATER FITNESS 8:30-9:15am		
9:00							
9:30							
10:00							
11:00			OPEN 11:00-12:00pm		OPEN 11:00-12:00pm		
12:00			AQUAROBICS 12:00-1:00pm		AQUAROBICS 12:00-1:00pm		
12:30							
1:00					OPEN 1:00-2:00pm		
1:30							
2:00							
2:30	CLOSED FOR GROUPS 2:30 - 3:30pm						
3:00							
4:00		LAP/OPEN SWIM 4:00-7:30pm	SWIM LESSONS/OPEN 4:00-5:30pm	LAP/OPEN SWIM 4:00-7:30pm	OPEN 4:00-5:30pm		
4:30	OPEN 4:00-5:30pm				OPEN 4:00-5:30pm		
5:00							
5:30	AQUAROBICS 5:30-6:30pm		AQUAROBICS 5:30-6:30pm		AQUAROBICS 5:30-6:30pm		
6:00							
6:30	OPEN 6:30-7:30pm		OPEN 6:30-7:30pm		OPEN 6:30-7:30pm		
7:00							

**Shallow Pool capacity - 35**

**Water Fitness class capacity - 20**

Children: \*10-13 must have a parent in the building  
 \*6-9 must have adult supervision in the pool and changing room  
 \*0-5 must have adult in water within arm's reach

Updated 3/22/21