

## YMCA August Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed on Sunday (summer hours)					1	2
					5:30a - 11:30a - Therapy Pool	
					5:30a - 12p - Lap Pool	8:30a - 9:30a - Therapy Pool
					8a - 9a - Water Aerobics	8:30a - 9:30a - Lap Pool
					9:30a - 10:30a - Water Aerobics	9:30a - 10:30a - YOUTH Triathlon
					11-12 Water Walking & Tread	10:45a - 12p - Therapy Pool
					3:30p - 6p - Lap Pool	10:45a - 3:45p - Lap Pool
				3:30p - 6p - Therapy Pool		
3	4	5	6	7	8	9
	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	
	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	8:30a - 12p - Therapy Pool
	8a - 9a - Water Aerobics	9:30a - 10:30a - Water Aerobics	8a - 9a - Water Aerobics	9:30a - 10:30a - Water Aerobics	8a - 9a - Water Aerobics	8:30a - 3:45p - Lap Pool
	9:30a - 10:30a - Water Aerobics	11-12 Water Walking & Tread	9:30a - 10:30a - Water Aerobics	11-12 Water Walking & Tread	9:30a - 10:30a - Water Aerobics	
Closed on Sunday (summer hours)	11-12 Water Walking & Tread	3:30p - 8p - Lap Pool	11-12 Water Walking & Tread	3:30p - 8p - Lap Pool	11-12 Water Walking & Tread	
	3:30p - 6p - Therapy Pool		3:30p - 6p - Therapy Pool		3:30p - 6p - Lap Pool	
	3:30p - 8p - Lap Pool		3:30p - 4:30p - Lap Pool		3:30p - 6p - Therapy Pool	
10	11	12	13	14	15	16
	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	
	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	8:30a - 12p - Therapy Pool
	8a - 9a - Water Aerobics	9:30a - 10:30a - Water Aerobics	8a - 9a - Water Aerobics	9:30a - 10:30a - Water Aerobics	8a - 9a - Water Aerobics	8:30a - 3:45p - Lap Pool
	9:30a - 10:30a - Water Aerobics	11-12 Water Walking & Tread	9:30a - 10:30a - Water Aerobics	11-12 Water Walking & Tread	9:30a - 10:30a - Water Aerobics	
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	3:30p - 6p - Therapy Pool		3:30p - 6p - Therapy Pool		3:30p - 6p - Lap Pool	
	3:30p - 8p - Lap Pool		3:30p - 8p - Lap Pool		3:30p - 6p - Therapy Pool	
17	18	19	20	21	22	23
	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	
	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	8:30a - 12p - Therapy Pool
	8a - 9a - Water Aerobics	9:30a - 10:30a - Water Aerobics	8a - 9a - Water Aerobics	9:30a - 10:30a - Water Aerobics	8a - 9a - Water Aerobics	8:30a - 3:45p - Lap Pool
	9:30a - 10:30a - Water Aerobics	11-12 Water Walking & Tread	9:30a - 10:30a - Water Aerobics	11-12 Water Walking & Tread	9:30a - 10:30a - Water Aerobics	
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	3:30p - 6p - Therapy Pool		3:30p - 6p - Therapy Pool		3:30p - 6p - Lap Pool	
	3:30p - 8p - Lap Pool		3:30p - 8p - Lap Pool		3:30p - 6p - Therapy Pool	
24	25	26	27	28	29	30
	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	5:30a - 11:30a - Therapy Pool	
	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	5:30a - 12p - Lap Pool	8:30a - 12p - Therapy Pool
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	11-12 Water Walking & Tread	3:30p - 8p - Lap Pool	11-12 Water Walking & Tread	3:30p - 8p - Lap Pool	11-12 Water Walking & Tread	
	3:30p - 6p - Therapy Pool		3:30p - 6p - Therapy Pool		3:30p - 6p - Lap Pool	
	3:30p - 8p - Lap Pool		3:30p - 8p - Lap Pool		3:30p - 6p - Therapy Pool	

**During Angola and Wavemakers practice there is one(1) lap lane open to members**

During Water Aerobics there are three(3) lap lanes open to the members.

**During Swim Lessons there are 2 lanes open to members**

**Therapy pool is closed during group swim lessons, Sauna will be open as normal.**