



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# DOWNTOWN YMCA

## INDOOR POOL SCHEDULE

November 2022	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	6am – 7pm	6am-7pm	6am-7pm	6am-7pm	6am-6pm	8am-2pm	12-5pm
<b>Open/Family Swim</b>	11am – 7pm	11am – 7pm	11am – 7pm	11am – 7pm	11am – 6pm	11am-2pm	12-5pm
<b>Aqua Aerobics</b>		10-11am					
<b>Private Swim Lessons</b>	Please see	front desk	for more	information.			

Please share lap lanes. No more than 2 people per lap lane, starting and stopping on opposite ends of the lane.  
 Please practice social distancing in the pool as well as on the deck  
 Please see our online schedule for lanes usage for each activity as well as activity descriptions.  
 This schedule is subject to change.