



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CANSLER YMCA

## INDOOR POOL SCHEDULE

January 2023	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	5:30-10am 11-6pm 7-8pm	5:30-10am 11-8pm	5:30-10am 11-8pm	5:30-10am 11-6pm 7-8pm	5:30-10am 11-8pm	8am – 9am 12-5:30pm	12-4:30pm
<b>Open/Family Swim</b>	11am – 6pm 7-8pm	11am – 8pm	11am – 8pm	11am – 8pm	11am-7pm 7-8pm	11am – 5:30pm	12-4:30pm
<b>Aqua Aerobics</b>	10:05-11am 6:05-7pm	10:05-11am	10:05-11am	10:05-11am	10:05-11am		
<b>Hydrorider</b>		9-10am	9-10am	9-10am	7-8pm		
<b>Swim Lessons</b>		4-6pm	4-6pm	4-6pm		8:30am- 12pm	
<b>Pool Parties</b>						12-4pm	2-4pm
<b>Aqua Fit for Kids</b>			6-6:45pm				
<b>Adult Swim Club</b>				6:15-7pm			

Please share lap lanes.

Water aerobics takes the whole pool. Lap lanes move over at 10am and move back at 11am.

Hydrorider takes place in the slide well of the open swim area, you need water shoes for Hydrorider.

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.

### C.W. Cansler YMCA

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