



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PILOT FAMILY YMCA

## INDOOR POOL SCHEDULE: MARCH

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	5 am – 8:30 am (lap swim only)  8:30 am – 12 pm  12 – 1 pm (Lap swim Only)  1pm – 2pm  2pm – 6pm	5 am – 8:30 am (lap swim only)  8:30 am – 12 pm  12 – 1 pm (Lap swim Only)  1 pm – 6 pm	5 am – 8:30 am (lap swim only)  8:30 am – 12 pm  12 – 1 pm (Lap swim Only)  1pm – 2 (4 lanes)  2pm – 6pm	5 am – 8:30 am (lap swim only)  8:30 am – 12 pm  12 – 1 pm (Lap swim Only)  1 pm – 6 pm	5 am – 8:30 am (lap swim only)  8:30 am – 12 pm  12 – 1 pm (Lap swim Only)  1 pm – 6:30 pm	7am – 8:30am (Lap Swim only)  1 – 3 pm (2 lanes)  3pm – 5:30pm (3 lanes)	1 pm - 5:30 pm
<b>Open/Family Swim</b>	9:30 am – 12 pm  2 pm – 3:30 pm	9:30 am – 12 pm  1 – 3:30pm	9:30 am – 12 pm  2 pm – 6 pm	9:30 am – 12 pm  1 – 3:30pm	9:30 am – 12 pm  2 pm – 6:30 pm	2 – 5:30pm	1 pm - 5:30 pm
<b>Aqua Aerobics</b>	8:30 am - 9:30 am		8:30 am - 9:30 am		8:30 am - 9:30 am		
<b>Aqua Hour</b>	1 pm - 2 pm		1 pm – 2 pm		1 pm – 2 pm		
<b>Special Olympics Practice</b>			6:30 pm – 7:15 pm 7:15 pm – 8:00 pm (2 lanes)				
<b>Home School P.E.</b>		10-12pm		10-12pm			
<b>WaterPolo</b>	6 pm – 8 pm		6 pm – 8 pm (4 Lanes)				
<b>Adult Swim Workshop</b>	5 - 6pm						
<b>SWIM LESSONS</b>	3:30-6:30pm (2 Lanes)	3:30 – 6pm (2 lanes)	3:30-6pm (2 lanes)	3:30-6pm (2 lanes)		8:45am – 2pm (5 lanes)	
<b>CHOTA</b>					6:30pm – 8:30pm (6 Lanes)		
<b>TNAQ</b>		6-8pm (5 Lanes)		6-8pm (5 Lanes)			

- Please share lap lanes. If lap lanes are full or unable to be shared, a **30-minute workout time will be enforced.**
- View our PDF schedule or mobile app for lane usage for activities and descriptions. **The schedule is subject to change & pool space is adjusted based on volume. During Group lessons, lap lane availability is limited; check the schedule for times & days to plan accordingly.**
- **NO Open/Free Swim during scheduled Water Aerobics, Aqua Hour, LFG class, or Lap Swim only times.**
- **Special Olympics Swim Team:** 2 lap lanes from 6:30 pm to 8 pm on Wednesdays.
- **Home School P.E.-** will be Tuesday / Thursday throughout the school year
- **Group Lessons:** Registration for MaY group lessons will open April 12<sup>th</sup> for Members and April 15<sup>th</sup> for Non-Members.
- **Private swim lessons** are subject to change throughout the day and will have access to use the lap lanes if needed.

**Pilot Family YMCA**

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