



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANSLER YMCA

INDOOR POOL SCHEDULE

May 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-10am 11-6pm 7-8pm	5:30-10am 11-8pm	5:30-10am 11-5pm 7-8pm	5:30-10am 11-6pm 7-8pm	5:30-10am 11-8pm	8am-5pm	12-4pm
Open/Family Swim	11am-6pm 7-8pm	11am-8pm	11am-8pm	11am-8pm	11am-7pm	11am-5pm	12-4pm
Aqua Aerobics	10:05-11am 6:05-7pm	10:05-11am	10:05-11am	10:05-11am	10:05-11am		
Hydrorider		9-10am	9-10am	9-10am	7-8pm		
Group Swim Lessons*	4-6pm*	4-6pm*	4-6pm*	4-6pm*		8:30-11am*	
Pool Parties						12-4:30pm	2-4pm
Adult Swim Club****				6:05-7pm****			
Spring Swim Clinics**			5-7pm**				
Homeschool Swim Clinics			11am-12:30pm				
Aqua Fit for Kids***			5-6pm***				

Please share lap lanes.

Water aerobics takes up 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.

Adult Swim Club uses all of the lap lanes. There is NO open lap swim during this time.

Please see our online schedule for lane usage for each activity as well as activity descriptions.

This schedule is subject to change.

***There are NO group swim lessons from Saturday, May 25th through Saturday, June 1st.**

****Spring Swim Clinics will end on Wednesday, May 8th.**

*****Aqua Fit for Kids is scheduled to resume on Wednesday, May 15th in the slide well of the open swim area.**

******Since Adult Swim Club has grown and now uses all lap lanes, there is NO open lap swim during Adult Swim Club.**

C.W. Cansler YMCA

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