



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PILOT FAMILY YMCA

INDOOR POOL SCHEDULE: JULY !!

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lap Swim	5 am – 8:30 am (lap swim only) 9:30 am - 12 pm 12 – 1 pm (Lap swim Only) 1pm – 2pm 2pm – 8:30pm	5 am – 8:30 am (lap swim only) 8:30 am – 12:30 pm 12:30 – 1:30 pm (Lap swim Only) 1:30 pm – 8:30pm	5 am – 8:30 am (lap swim only) 9:30 am – 12 pm 12 – 1 pm (Lap swim Only) 1pm – 2 pm 2pm – 8:30pm	5 am – 8:30 am (lap swim only) 8:30 am – 12:30 pm 12:30 – 1:30 pm (Lap swim Only) 1:30 pm – 8:30 pm	5 am – 8:30 am (lap swim only) 9:30 am – 12 pm 12 – 1 pm (Lap swim Only) 1 pm – 6 pm	5 am – 8:30 am (lap swim only) 9:30 am – 12 pm 12 – 1 pm (Lap swim Only)	7am – 8:30am (Lap Swim only) 1 – 3 pm (2 lanes) 3pm – 5:30pm (3 lanes)	1 pm - 5:30 pm
Open/Family Swim	9:30 am – 12 pm 6 pm – 8 pm	1:30 – 3:30pm 6-8pm	9:30 am - 12 pm 6 pm – 8 pm	1:30 – 3:30pm 6-8pm	9:30 am – 12 pm 2 pm – 6 pm	2 – 5:30pm	1 pm - 5:30 pm	
Sports & Splash		10:30am – 12:30pm		10:30am – 12:30pm				
Aqua Aerobics	8:30 am - 9:30 am		8:30 am - 9:30 am		8:30 am - 9:30 am			
Aqua Hour	1 pm - 2 pm		1 pm - 2 pm		1 pm - 2 pm			
WaterPolo					6 pm – 8 pm			
SWIM LESSONS	8:30am-1pm 2 – 6pm	8:30-1pm 3:30 – 6pm	8:30am-1pm 3 – 6 pm	8:30am-1pm 3:30-6pm		8:45am – 2pm (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.**
- **Sports and Splash.**- will be Tuesday / Thursday throughout July
- **Group Lessons:** Registration for SEPTEMBER lessons will open August 12th for members and August 15th 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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