



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PILOT FAMILY YMCA

## INDOOR POOL SCHEDULE: JULY !!

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	5 am – 8:30 am (lap swim only)  9:30 am - 12 pm  12 – 1 pm (Lap swim Only)  1pm – 8:30pm	5 am – 8:30 am (lap swim only)  8:30 am – 12 pm  12– 1 pm (Lap swim Only)  1 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 – 1 pm (Lap swim Only)  1 pm – 8:30 pm	5 am – 8:30 am (lap swim only)  9:30 am – 12 pm  12 – 1 pm (Lap swim Only)  <b>1 pm – 6 pm</b>	7am – 8:30am (Lap Swim only)  1pm – 5:30pm (3 lanes)	1 pm - 5:30 pm
<b>Open/Family Swim</b>	9:30 am – 12 pm  2 pm – 3pm  6-8:30pm	1 – 3 pm  6-8:30pm	9:30 am - 12 pm  2 pm – 3 pm  6-8:30pm	8:30 – 12pm  1 – 3 pm  6-8:30pm	9:30 am – 12 pm  <b>2 pm – 6 pm</b>	1 – 5:30pm	1 pm - 5:30 pm
<b>Sports &amp; Splash</b>		10am – 12pm		10am – 12pm			
<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>WaterPolo</b>					6 pm – 8 pm		
<b>SWIM LESSONS</b>	8:30am-1pm  3 – 6pm	8:30-1pm  3 – 6pm	8:30am-1pm  3 – 6 pm	8:30am-1pm  3 - 6pm		8:45am – 1pm (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 12<sup>th</sup> for members and August 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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