

Fitton Family YMCA Lap Pool Schedule

January 2 - March 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am							
5:30am							
6:00am		Lap Swim 5:15-8am	Lap Swim 5:15-8am	Lap Swim 5:15-8am	Lap Swim 5:15-8am	Lap Swim 5:15-8am	
6:30am							
7:00am							
7:30am							Lap Swim 7-9am
8:00am		Water Wake Up 8-9am	Water Wake Up 8-9am	Water Wake Up 8-9am	Water Wake Up 8-9am	Water Wake Up 8-9am	
8:30am		one lap lane	one lap lane	one lap lane	one lap lane	one lap lane	
9:00am		Lap/swim lessons	Deep H2O 9-11am	Lap / swim lesson	Deep H2O 9-11am	School rental (one lap lane)	Cardio Splash 9-10am
9:30am		9:00-11am	one lap lane	9:00-11am	one lap lane		
10:00am		2 lap lanes		2 lap lanes			
10:30am							Swim Lessons 10am-12:15pm
11:00am		Power Up 11am-noon	Arthritis Class 11am-noon	Splash Dance 11am-noon	Arthritis Class 11am-noon	Power Up 11am-noon	one lap lane
11:30am		one lap lane		one lap lane		one lap lane	
12:00pm		Lap Swim noon-1pm	Lap Swim noon-1pm	Lap Swim noon-1pm	Lap Swim noon-1pm	Lap Swim noon-1pm	
12:30pm							
1:00pm	Lap Swim 1-2pm	Highland School	Highland School	Highland School	Highland school	School rental	
1:30pm							
2:00pm		lap/open 2-3pm	lap/open 2-3pm	lap/open 2-3pm	lap/open 2-3pm	lap/open 2-3pm	Lap/Open Swim 12:15-5pm
2:30pm							
3:00pm	Open Swim 2-4:45pm	High School Swim Team	High School Swim Team	High School Swim Team	High School Swim Team	High School Swim Team	
3:30pm		3-4:30pm	3-4:30pm	3-5pm	3-4:30pm	3-5pm	
4:00pm							
4:30pm		Deep H2O 4:30-5:30pm	Deep H2O 4:30-5:30pm		Deep H2O 4:30-5:30pm		
5:00pm				open			Lap Swim 5-5:45pm
5:30pm		open	open		open		
6:00pm						Open Swim 5-7:45pm	
6:30pm		Swim Lessons 6-7:30pm	Swim lesson/Jr Wahoo /Extreme H2O Cond	1/2 Swim Lessons/GMV swim team	1/2 GMV Swim team & 1/2 Jr Wahoo		
7:00pm			6-7:30pm	6-7:30pm	6-7:30pm		
7:30pm			Cardio Splash 7:30-8:30		Cardio Splash 7:30-8:30		
8:00pm			one lap lane		one lap lane		
8:30pm		Open/Lap Swim 7:30-9:45pm		Open/Lap Swim 7:30-9:45pm			
9:00pm			Open/Lap Swim 8:30-9:45		Open/Lap Swim 8:30-9:45		
9:30pm							

Times are subject to change without notice.

Lap Swim: 15 years and older unless accompanied by an adult.

Open Swim: youth 9 and younger must be accompanied by an adult in the water! No water rings please.

Shaded areas = Pool Closed

Please check for lap lane availability with lifeguard .

Anyone 16 years or younger must take swim test to be in deep end of pool.

PLEASE WATCH FOR POOL CLOSURES DUE TO SWIM MEETS

**Fitton Family YMCA Warm Water Pool Schedule
January 2 - March 1**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:00am										
5:30am										
6:00am										
6:30am										
7:00am										
7:30am										
8:00am										
8:30am										
9:00am		Open 9-10am	Ai Chi 9-10am	Open 9-10am	Ai Chi 9-10am		open swim 9-11			
9:30am										
10:00am										
10:30am										
11:00am										
11:30am										
12:00pm										
12:30pm										
1:00pm										
1:30pm	open swim 1:00-4:30pm						Open swim 1:00-4:00			
2:00pm										
2:30pm										
3:00pm										
3:30pm										
4:00pm		Open swim 4:00-6:30	Open Swim 4:30-7pm	Open Swim 4:00-8pm	Open Swim 4-7pm	Open Swim 4-7:45pm				
4:30pm										
5:00pm										
5:30pm										
6:00pm										
6:30pm										
7:00pm										
7:30pm		Arthritis Class 7:30-8:00	Ai Chi 7:15-8pm		Ai Chi 7:15-8pm					
8:00pm										
8:30pm										
9:00pm										
9:30pm										

Times are subject to change without notice.

Lap Swim: 15 years and older unless accompanied by an adult.

Open Swim: youth 9 and younger must be accompanied by an adult in the water! No water rings please.

Shaded areas = Pool Closed

Anyone 16 years or younger must take swim test to use the big slides.