

RITE-HITE FAMILY YMCA POOL SCHEDULE

Fall 2017 8/28/2017 - 12/22/2017

LARGE POOL (Lap pool)

The time is listed first in each box. It is followed by pool space, activites going on, and how many lap lanes will be available. When multiple activities are listed, the underlined time is followed by the activity that will be occurring. Lap lanes are for <u>continuous lap swimmers only</u>. Please use open swim space for aqua jogging, stretching, aerobics, etc.

This color box indicates limited pool space: either no shallow open swim OR few/no lap lanes Sunday Monday Tuesday Wednesday Thursday Friday Saturday Hrs: 8:00-6:30 Hrs: 5:30-8:30 Hrs: 5:30-8:30 Hrs: 5:30-8:30 Hrs: 5:30-8:30 Hrs: 5:30-8:30 Hrs: 6:30-6:30 5:30-9:00 am 5:30-9:00 am 5:30-9:00 am 5:30-9:00 am 5:30-9:00 am 6:30-8:45 Open exercise Open exercise **Open exercise** Open exercise **Open exercise** Open exercise 3 lap lanes 9:00-11:30 am 9:00-11:30 am 9:00-11:30 am Water EX: Water EX: Water EX: 8:45-11:30 9:00am - Noon 9:00am - Noon limited space limited space limited space Swim lessons: Water EX: Water EX: 1 or 2 lap lanes 1 or 2 lap lanes 1 or 2 lap lanes limited space limited space limited space & No shallow & No shallow & No shallow 1 lap lane 1 or 2 lap lanes 1 or 2 lap lanes open swim open swim open swim 8:00-3:45 & No shallow & No shallow Open swim open swim open swim 11:30-1:00 3 or 4 lap lanes Open swim 3 lap lanes 11:30-4:45 11:30-4:45 1:00-2:00 **Open swim Open swim** 12:00-4:45 12:00-4:45 Aqua Zumba: 3 lap lanes 3 lap lanes **Open swim** Open swim limited space 3 lap lanes 3 lap lanes 1 lap lane 5:00-6:00 Joint 11:30-8:30 4:45-6:45 4:45-6:45 Movement: deep 4:45-6:45 3:45-6:30 pm Open swim end only & Swim lessons: Swim lessons: Swim lessons: 2:00-6:30 Swim lessons: 3 lap lanes 4:45-6:45 limited space limited space limited space Open swim limited space Swim lessons: 1 lap lane 1 lap lane 1 lap lane 3 lap lanes 1 lap lane limited space 6:45-7:30 6:45-7:30 6:45-7:30 Aqua Zumba: Aqua Zumba: Aqua Zumba: limited space limited space limited space 6:45-8:30 pm No shallow open No shallow open No shallow open **Open swim** swim swim swim 3 lap lanes 7:30-8:30 pm 7:30-8:30 pm 7:30-8:30 pm Open swim Open swim **Open swim** 3 lap lanes 3 lap lanes 3 lap lanes