



Rite-Hite Family YMCA
Winter/Spring 2020: January 2 - June 9
Large Pool Hours: Mon-Fri. 5:30am-8:30pm/Sat 6:30am-6:30pm/
Sun 8:00am-6:30pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-9:00a Open exercise 3 lap lanes	5:30-9:00a Open exercise 3 lap lanes	5:30-9:00a Open exercise 3 lap lanes	5:30-9:00a Open exercise 3 lap lanes	5:30-9:00a Open exercise 3 lap lanes	6:30-9:00a Open exercise 3 lap lanes
8:00a-4:00p Open swim 3 lap lanes	9:00-11:30 Limited space: 1 or 2 lap lanes Deep end open swim only <u>-9:00-9:45</u> is Joint Movement <u>-10:45-11:30</u> is Shallow H2Oex	9:00-12:00 Limited space: 1 or 2 lap lanes Deep end open swim only <u>-9:00-10:00</u> is Joint Movement <u>-10:00-11:00</u> is MS/Stroke <u>-11:15-12:00</u> is Shallow H2Oex	9:00-11:30 Limited space: 1 or 2 lap lanes Deep end open swim only <u>-9:00-9:45</u> is Joint Movement <u>-10:45-11:30</u> is Shallow H2Oex	9:00-12:00 Limited space: 1 or 2 lap lanes Deep end open swim only <u>-9:00-10:00</u> is Joint Movement <u>-10:00-11:00</u> is MS/Stroke <u>-11:15-12:00</u> is Shallow H2Oex	9:00-11:30 Limited space: 1 or 2 lap lanes Deep end open swim only <u>-9:00-9:45</u> is Joint Movement <u>-10:45-11:30</u> is Aqua Zumba	9:00-11:30a Limited space: Open swim 1 lap lane Swim lessons run 9:00-11:25
	11:30-4:45 Open swim 3 lap lanes	12:00-4:45 Open swim 3 lap lanes	11:30-4:45 Open swim 3 lap lanes	12:00-4:45 Open swim 3 lap lanes	11:30a-8:30p Open swim 3 lap lanes	11:30a-6:30p Open swim 3 lap lanes
4:00-6:30 Limited space: 1 lap lane Open swim 4:00-6:15 swim lessons	4:45-6:45 Limited space Open swim Swim lessons 1 or 2 lap lanes	4:45-6:45 Limited space Open swim Swim lessons 1 or 2 lap lanes	4:45-6:45 Limited space Open swim Swim lessons 1 or 2 lap lanes	4:45-6:45 Limited space Open swim Swim lessons 1 or 2 lap lanes		
	7:30-8:30 Open Swim 3 lap lanes	6:45-7:30p Aqua zumba Deep open swim only 7:30-8:30 Open Swim 3 lap lanes	6:45-7:30p Aqua zumba Deep open swim only 7:30-8:30 Open Swim 3 lap lanes	6:45-7:30p Aqua zumba Deep open swim only 7:30-8:30 Open Swim 3 lap lanes		

This color box indicates **limited** pool space: either no shallow open swim or few/no lap lanes

The time is listed first in each box. It is followed by pool space, activities 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 should be for continuous lap swimmers only. Please use open swim space for aqua jogging, stretching, & aerobics.

If you have questions please call the Aquatics Office at (414)357-2848