

LAP SWIM SCHEDULE

MONDAY	
5:00-10:00 A	Competition Pool (1-8)
10:00-11:30 A	Competition Pool (4-8)
11:30 A-4:00 P	Competition Pool (1-8)
4:00-8:00 P	Cool Lap Pool (A-C)
9:00 PM	YMCA CLOSED

TUESDAY	
5:00-10:00 A	Competition Pool (1-8)
10:00-11:30 A	Competition Pool (4-8)
11:30 A-4:00 P	Competition Pool (1-8)
4:00-8:00 P	Cool Lap Pool (A-C)
9:00 PM	YMCA CLOSED

WEDNESDAY	
5:00-6:45 A	Competition Pool (1-4)
6:45-10:00 A	Competition Pool (1-8)
10:00-11:30 A	Competition Pool (4-8)
11:30 A-4:00 P	Competition Pool (1-8)
4:00-8:00 P	Cool Lap Pool (A-C)
9:00 PM	YMCA CLOSED

THURSDAY	
5:00-10:00 A	Competition Pool (1-8)
10:00-11:30 A	Competition Pool (4-8)
11:30 A-4:00 P	Competition Pool (1-8)
4:00-8:00 P	Cool Lap Pool (A-C)
9:00 PM	YMCA CLOSED

FRIDAY	
5:00-6:45 A	Competition Pool (1-4)
6:45-10:00 A	Competition Pool (1-8)
10:00-11:30 A	Competition Pool (4-8)
11:30 A-4:00 P	Competition Pool (1-8)
4:00-8:00 P	Cool Lap Pool (A-C)
9:00 PM	YMCA CLOSED

SATURDAY	
7:00 A-6:45 P	Cool Lap Pool (A-C)
6:45 PM	YMCA CLOSED

SUNDAY	
12:00-5:45 PM	Cool Lap Pool (A-C)
5:45 PM	YMCA CLOSED

Pool Temperature Average 81°-83° F
Pool Depth 3 1/2- 14 feet deep Competition Pool
Pool Depth 3 1/2-5 feet deep Cool Lap Pool
Pool Length 25 yards

Competition Pool and Cool Lap Pool - Hydraulic Lift Chair Available
Children 6, 7, 8 and 9 years old, MUST have a parent or guardian (18 or older) in the POOL AREA at all times. Children must be 10 years old before they may swim at pool without an adult present.
Lap Swimming is for members 13 years and older. Youth ages 6-12 may swim laps if they have passed the swim test and have an adult swimming laps with them.
When lap swimming, please share the lap lanes and circle swim. Thank you.
NOTE: As a service to our members, feel free to use the kickboards, pull buoys, flippers and hand paddles for lap swimming. If you need assistance, please ask the lifeguard.
When lap swimming is only available in the Cool Lap Pool, members wishing to use the Adult Locker Rooms on the upper level will need to bring a robe/cover-up and sandals to travel between the locker-room and the pool. Thank you.