



Countryside YMCA Stolle Center Pool Pool Schedule

Wednesday
ONLY

MON & WED

	6:50 AM - 8 AM	7 AM - 8 AM	8 AM - 10 AM	10 AM - 11 AM	11 AM - 11:45 AM	11:45 AM - 6:15 PM	6:15 PM - 7:15 PM
Lane 1	Water Fitness	Walk	Water Fitness	Walk	Arthritis Plus	Walk	Water Fitness
Lane 2	Flex	Flex	Water Fitness	Flex	Arthritis Plus	Flex	Water Fitness
Lane 3	Flex	Lap	Walk	Lap	Walk	Lap	**Water Fitness

TUE & THU

	7 AM - 8 AM	8 AM - 10:30 AM	10:30 AM - 11 AM	11 AM - 11:45 AM	11:45 AM - 6:15 PM	6:15 PM - 7:15 PM
Lane 1	Walk	Water Fitness	Walk	Arthritis Plus	Walk	Water Fitness
Lane 2	Flex	Water Fitness	Flex	Arthritis Plus	Flex	Water Fitness
Lane 3	Lap	Walk	Lap	Walk	Lap	**Water Fitness

FRI

SAT

SUN

	6:50 AM - 8 AM	8 AM - 10 AM	10 AM - 4 PM
Lane 1	Water Fitness	Water Fitness	Walk
Lane 2	Flex	Water Fitness	Flex
Lane 3	Flex	Walk	Lap

	7 AM - 3 PM
Lane 1	Walk
Lane 2	Flex
Lane 3	Lap

	12 PM - 5:45 PM
Lane 1	Walk
Lane 2	Flex
Lane 3	Lap

Atrium Hours (Does not close pool or lane): Tue & Thu 10:30 AM - 12 PM & 1:30 PM - 3:45 PM

**If water fitness class has less than 15 participants, we will keep a lane open for walking.