



SOUTHEAST Y MAIN POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:30am							
6:30-7:00am							
7:00-7:30am							
7:30-8:00am							
8:00-8:30am							
8:30-9:00am							
9:00-9:30am							
9:30-10:00am							
10:00-10:30am							
10:30-11:00am							
11:00-11:30am							
11:30am-12:00pm							
12:00-12:30pm							
12:30-1:00pm							
1:00-1:30pm							
1:30-2:00pm							
2:00-2:30pm							
2:30-3:00pm							
3:00-3:30pm							
3:30-4:00pm							
4:00-4:30pm							
4:30-5:00pm							
5:00-5:30pm							
5:30-6:00pm							
6:00-6:30pm							
6:30-7:00pm							
7:00-7:30pm							
7:30-8:00pm							

Please Note:
 The Main Pool and Hot Tub closes 30 minutes before the rest of the Y facility.
 Due to social distancing best practices, the Main Hot Tub is limited to two users at a time.

- Open swim in all areas of the pool
- Entire pool is closed
- Some areas reserved for classes



SOUTHEAST Y MULTIPURPOSE POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:30am							
6:30-7:00am							
7:00-7:30am							
7:30-8:00am							
8:00-8:30am							
8:30-9:00am							
9:00-9:30am							
9:30-10:00am	Aqua-Fit Shallow Water 9:15-10:00 am TW		Aqua-Fit Shallow Water 9:15-10:00 am TW				
10:00-10:30am							
10:30-11:00am							
11:00-11:30am	Arthritis Aquatics Plus 10:45-11:30 am TW		Arthritis Aquatics Plus 10:45-11:30 am TW	Arthritis Aquatics Basic 10:45-11:30am TW			
11:30am-12:00pm							
12:00-12:30pm							
12:30-1:00pm							
1:00-1:30pm		CLOSED 1:00-4:00 pm		CLOSED 1:00-4:00 pm			
1:30-2:00pm							
2:00-2:30pm							
2:30-3:00pm							
3:00-3:30pm							
3:30-4:00pm							
4:00-4:30pm							
4:30-5:00pm							
5:00-5:30pm							
5:30-6:00pm		Swim Lessons 5:00-7:00 pm TW + LL	ISC Discovery Team 5:30-7:30pm LL	Swim Lessons 5:00-7:00 pm TW + LL			
6:00-6:30pm	Shallow Splash 6:00-6:45 pm TW		Aqua Zumba 6:00-6:45 pm TW		ISC Discovery Team 5:30-7:30pm LL		
6:30-7:00pm	Endurance Training Group 6:00-7:30 pm TW + LL						
7:00-7:30pm							
7:30-8:00pm							

Please Note:
The MultiPurpose Pool and Hot Tub close 30 minutes before the rest of the facility. The MultiPurpose Hot Tub is limited to four users at a time in order to maintain social distancing.

- LL -Lap Lanes
- TW -Teaching Well
- Open swim in all areas of the pool
- Entire pool is closed
- Some areas reserved for classes