



NORTHWEST YMCA POOL SCHEDULE Session 3 - Effective April 17

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM						Closed	Closed
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM		AquaFit Light & Easy Shallow 9-9:45 am (TW)		AquaFit Light & Easy Shallow 9-9:45 am (TW)		Swim Lessons 9-12 pm (TW Closed, LL limited to 1)	
9:30 AM							
10:00 AM		YCCF Swim Lessons 10-11 am (TW)		YCCF Swim Lessons 10-11 am (TW)			
10:30 AM			AquaFit Shallow 10:30-11:15 am (TW)				
11:00 AM							
11:30 AM	Aqua Conditioning 11:45-12:15 pm (LL)		Aqua Conditioning 11:45-12:15 pm (LL)		Aqua Conditioning 11:45-12:15 pm (LL)		
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM		Deep Water 4-4:45 pm (2-3 LL)		Deep Water Interval 4-4:45 pm			
4:30 PM					Tiger Sharks Swim Team Practice 4:30-7 pm (2 LL)		
5:00 PM	Swim Lessons 5-7 pm (TW Closed, LL limited to 1)		Swim Lessons 5-7 pm (TW Closed, LL limited to 1)	Tiger Sharks Swim Team Practice 5-8 pm (2 - 3 LL)			
5:30 PM							
6:00 PM							
6:30 PM						MPP Closes at 6:30 pm	MPP Closes at 6:30 pm
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM	Multipurpose Pool Closes at 8:30 PM						

(TW) = Teaching Well, (LL) = Lap Lanes

All children under the age of 7 must be within arms reach of an adult at all times. Children aged 7-11 can be in the pool without an adult if they have passed the swim test.

LEGEND
Open
Some Areas Closed for Class
Closed