



WINTER POOL SCHEDULE NORTHWEST

SESSION 1
January 1-February 18

Multipurpose Pool

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------|---|---|---|---|---|---|--------|
| 5:00-5:30am | | | | | | | |
| 5:30-6:00am | | | | | | | |
| 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 | | AQUAFIT LIGHT & EASY SHALLOW 9:00-9:45am TW | | AQUAFIT LIGHT & EASY SHALLOW 9:00-9:45am TW | | SWIM LESSONS 9:00-9:30am TW | |
| 9:30-10:00am | | | | | | | |
| 10:00-10:30am | | | | | | SWIM LESSONS 10:00-12:00pm TW | |
| 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 | | | | | SWIM TEAM 4:00-7:30pm 2 LL | | |
| 4:30-5:00pm | | AQUAFIT DEEP WATER 4:15-5:00pm LL | | AQUAFIT DEEP INTERVAL 4:15-5:00pm LL | | | |
| 5:00-5:30pm | SWIM LESSONS 5:00-7:00pm TW | | SWIM LESSONS 5:00-7:00pm TW | | | | |
| 5:30-6:00pm | ADVANCED SWIM TRAINING 5:30-6:30pm 2 LL | | ADVANCED SWIM TRAINING 5:30-6:30pm 2 LL | | | | |
| 6:00-6:30pm | | | | | | | |
| 6:30-7:00pm | | | | | | | |
| 7:00-7:30pm | | | | | | | |
| 7:30-8:00pm | | | | | | | |
| 8:00-8:30pm | | | | | | | |
| 8:30-9:00pm | | | | | | | |

Pool Participants:

The Multipurpose Pool will close 30 minutes before the rest of the YMCA facility.

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