



Southeast Y MAIN POOL SCHEDULE

**July
2021**

	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		Aqua Fit Deep \$ 10:15-11:00 am LL 5-6		Arthritis Aquatics Deep \$ 10:45-11:30 am LL 5-6			
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		CLOSED 3:00-4:00 pm		CLOSED 3:00-4:00 pm			
3:30-4:00pm							
4:00-4:30pm							
4:30-5:00pm							
5:00-5:30pm							
5:30-6:00pm	TIGER SHARKS SWIM PRACTICE 4:15-7:15 pm LL 1-3	TIGER SHARKS SWIM PRACTICE 4:15-7:15 pm LL 1-3	TIGER SHARKS SWIM PRACTICE 4:15-7:15 pm LL 1-3	TIGER SHARKS SWIM PRACTICE 4:15-7:15 pm LL 1-3			
6:00-6:30pm							
6:30-7:00pm							
7:00-7:30pm							
7:30-8:00pm							
8:00-8:30pm							
8:30-9:00pm							

Please Note:
The Main Pool and Hot Tub closes 30 minutes before the rest of the Y facility.

- LL -Lap Lanes
- \$ -Class Fee
- Open swim in all areas of the pool
- Entire pool is closed
- Some areas reserved for classes



Southeast Y MULTIPURPOSE POOL SCHEDULE

**July
2021**

	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					Arthritis Aquatics Plus 8:30-9:15 am TW		
9:00-9:30am	Aqua-Fit Shallow \$ 9:00-9:45 am TW		Aqua-Fit Shallow \$ 9:00-9:45 am TW				
9:30-10:00am							
10:00-10:30am	Summer Camp 10:00 am-3:00 pm TW	Summer Camp 10:00 am-3:00 pm TW	Summer Camp 10:00 am-3:00 pm TW	Summer Camp 10:00 am-3:00 pm TW	Summer Camp 10:00 am-3:00 pm 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		CLOSED 3:00-4:00 pm		CLOSED 3:00-4:00 pm			
3:30-4:00pm							
4:00-4:30pm	Arthritis Aquatics Basic 4:00-4:45 pm TW						
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	ISC Discovery Team 5:30-7:30pm LL		
6:00-6:30pm	Shallow Splash 6:00-6:45 pm TW		Shallow Splash 6:00-6:45 pm TW				
6:30-7:00pm	Endurance Training Group 6:00-7:30 pm TW + LL						
7:00-7:30pm							
7:30-8:00pm							
8:00-8:30pm							
8:30-9:00pm							

Please Note:
The MultiPurpose Pool and Hot Tub close 30 minutes before the rest of the facility.

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