



# 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	Aqua-Fit Shallow Water 9:15-10:00 am TW		Aqua-Fit Shallow Water 9:15-10:00 am TW					
9:30-10:00am								
10:00-10:30am								
10:30-11:00am	Arthritis Aquatics Basic 10:45-11:30 am TW		Arthritis Aquatics Plus 10:45-11:30 am TW					
11:00-11:30am								
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		Swim Lessons* 5:00-7:00 pm TW + LL		Swim Lessons* 5:00-7:00 pm TW + LL				
5:30-6:00pm								
6:00-6:30pm	Shallow Splash 6:00-6:45 pm TW		Aqua Zumba 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								

\*Swim lessons are held  
Sept. 8-Oct. 18 and  
Oct. 27-Dec. 13.

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