



FALL POOL SCHEDULE

SOUTHEAST

SESSION 5
August 14-October 15

Main 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 DEEP WATER 9:00-9:55am 3 Lanes	AQUAFIT DEEP WATER 8:50-9:45am 2 Lanes	AQUAFIT DEEP WATER 9:00-9:55am 3 Lanes	AQUAFIT DEEP WATER 8:50-9:45am 2 Lanes	AQUAFIT DEEP WATER 9:00-9:55am 3 Lanes		
9:30-10:00am							
10:00-10:30am	AA DEEP 10:00-10:45am 2 Lanes	30 MINUTE WATER RUN 10:00-10:30am	AA DEEP 10:00-10:45am 2 Lanes	30 MINUTE WATER RUN 10:00-10:30am	AA DEEP 10:00-10:45am 2 Lanes		
10:30-11:00am							
11:00-11:30am							
11:30am-12:00pm							
12:00-12:30pm	AQUAFIT DEEP WATER 12:00-12:55pm 2 Lanes		AQUAFIT DEEP WATER 12:00-12:55pm 2 Lanes		AQUAFIT DEEP WATER 12:00-12:55pm 2 Lanes	TIGER SHARKS SWIM TEAM 12:00-3:30pm 2 Lanes	
12:30-1:00pm						3:30-5:00pm 3 Lanes	
1:00-1:30pm	SENIOR SWIM LANES 12:55-3:00pm All Lanes		SENIOR SWIM LANES 12:55-3:00pm All Lanes		SENIOR SWIM LANES 12:55-3:00pm All Lanes		
1:30-2:00pm							
2:00-2:30pm							
2:30-3:00pm							
3:00-3:30pm							
3:30-4:00pm							
4:00-4:30pm			TIGER SHARKS SWIM TEAM				
4:30-5:00pm			3:45-5:15pm 3 Lanes				
5:00-5:30pm			5:15-7:45pm 2 Lanes	TIGER SHARKS SWIM TEAM			POOL CLOSED TIGER SHARKS
5:30-6:00pm		TIGER SHARKS SWIM TEAM		5:00-8:00pm 2 Lanes			SWIM TEAM 5:00-7:00pm
6:00-6:30pm		5:30-6:30pm 2 Lanes					
6:30-7:00pm		6:30-8:00pm 3 Lanes					
7:00-7:30pm							
7:30-8:00pm							
8:00-8:30pm							
8:30-9:00pm							
9:00-9:30pm							
9:30-10:00pm							

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

Pool Participants:

The Main Pool and Hot Tub will close 30 minutes before the rest of the YMCA facility.
On Sundays the Main Pool closes at 5:00.



FALL POOL SCHEDULE

SOUTHEAST

SESSION 5
August 14–October 15

Multipurpose Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00–6:30am	AQUAFIT SHALLOW 6:15–7:00am TW		AQUAFIT SHALLOW 6:15–7:00am TW				
6:30–7:00am							
7:00–7:30am	ADULT ONLY OPEN SWIM 7:00–8:30am TW	ADULT ONLY OPEN SWIM 7:00–8:00am TW	ADULT ONLY OPEN SWIM 7:00–8:30am TW	ADULT ONLY OPEN SWIM 7:00–8:00am TW			
7:30–8:00am							
8:00–8:30am							
8:30–9:00am							
9:00–9:30am	AQUAFIT SHALLOW 9:00–9:55am TW	AQUAFIT SHALLOW 9:00–9:55am TW	AQUAFIT SHALLOW 9:00–9:55am TW	AQUAFIT SHALLOW 9:00–9:55am TW	AQUAFIT SHALLOW 9:00–9:55am TW		
9:30–10:00am							
10:00–10:30am							
10:30–11:00am		AA PLUS		AA PLUS			
11:00–11:30am		10:45–11:30am TW		10:45–11:30am TW			ADULT ONLY OPEN SWIM 11:00am–1:00pm TW
11:30am–12:00pm							
12:00–12:30pm	AA BASIC 12:05–12:50pm TW	AA BASIC 12:00–12:45pm TW	AA BASIC 12:05–12:50pm TW	AA BASIC 12:00–12:45pm TW	AA BASIC 12:05–12:50pm TW	ADULT ONLY OPEN SWIM 12:00–1:30pm TW	
12:30–1:00pm							
1:00–1:30pm					SENIOR SWIM LANES 12:55–3:00pm ALL Lanes		
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	AQUAFIT SHALLOW 6:00–6:55pm TW		AQUAFIT SHALLOW 6:00–6:55pm TW		AQUAFIT SHALLOW 6:00–6:55pm TW		
6:30–7:00pm							
7:00–7:30pm							
7:30–8:00pm							
8:00–8:30pm							
8:30–9:00pm							
9:00–9:30pm							
9:30–10:00pm							

Pool Participants:

The Multipurpose Pool and Hot Tub will close 60 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
- AA** -Arthritis Aquatics