



Southeast Y MAIN POOL SCHEDULE

Fall
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	Arthritis Aquatics Deep \$ 10:30-11:15 am LL 4-6	Aqua Fit Deep \$ 10:30-11:15 am LL 4-6	Arthritis Aquatics Deep \$ 10:30-11:15 am LL 4-6	Aqua Fit Deep \$ 10:30-11:15 am LL 4-6			
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		CLOSED 2:00-4:00 pm		CLOSED 2:00-4:00 pm			
3:00-3:30pm							
3:30-4:00pm							
4:00-4:30pm							
4:30-5:00pm	TIGER SHARKS SWIM PRACTICE 4:15-7:15 pm LL 1-4	TIGER SHARKS SWIM PRACTICE 4:15-7:15 pm LL 1-4	TIGER SHARKS SWIM PRACTICE 4:15-7:15 pm LL 1-4	TIGER SHARKS SWIM PRACTICE 4:15-7:15 pm LL 1-4			
5:00-5:30pm							
5:30-6:00pm							
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

Fall
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	Aqua-Fit Shallow \$ 9:15-10:00 am TW		Aqua-Fit Shallow \$ 9:15-10:00 am TW		Arthritis Aquatics Plus 9:30-10:15 am TW		
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							
1:30-2:00pm							
2:00-2:30pm							
2:30-3:00pm		CLOSED 2:00-4:00 pm		CLOSED 2:00-4:00 pm			
3:00-3:30pm							
3:30-4:00pm							
4:00-4:30pm							
4:30-5:00pm							
5:00-5:30pm							
5:30-6:00pm		Swim Lessons 5:00-7:00 pm TW + LL		Swim Lessons 5:00-7:00 pm TW + 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 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
- TW -Teaching Well
- \$ -Class Fee
- Open swim in all areas of the pool
- Entire pool is closed
- Some areas reserved for classes