



# WINTER/SPRING POOL SCHEDULE

## SOUTHEAST

**SESSION 2**  
February 19-April 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     | <b>AQUAFIT DEEP WATER</b><br>9:00-9:55am 3 Lanes      | <b>AQUAFIT DEEP WATER</b><br>8:50-9:45am 2 Lanes | <b>AQUAFIT DEEP WATER</b><br>9:00-9:55am 3 Lanes      | <b>AQUAFIT DEEP WATER</b><br>8:50-9:45am 2 Lanes | <b>AQUAFIT DEEP WATER</b><br>9:00-9:55am 3 Lanes      |          |                        |
| 9:30-10:00am    |   |  |   |  |   |          |                        |
| 10:00-10:30am   | <b>AA DEEP</b><br>10:00-10:45am<br>2 Lanes            | <b>30 MINUTE WATER RUN</b><br>10:00-10:30am      | <b>AA DEEP</b><br>10:00-10:45am<br>2 Lanes            | <b>30 MINUTE WATER RUN</b><br>10:00-10:30am      | <b>AA DEEP</b><br>10:00-10:45am<br>2 Lanes            |          |                        |
| 10:30-11:00am   |   |  |   |  | <b>HEALTHY HEARTS &amp; ACTIVE LIVES</b>              |          |                        |
| 11:00-11:30am   |   |  |   |  | 10:45-11:30am<br>2 Lanes                              |          |                        |
| 11:30am-12:00pm |   |  |   |  |   |          |                        |
| 12:00-12:30pm   | <b>AQUAFIT DEEP WATER</b><br>12:00-12:55pm<br>2 Lanes |  | <b>AQUAFIT DEEP WATER</b><br>12:00-12:55pm<br>2 Lanes |  | <b>AQUAFIT DEEP WATER</b><br>12:00-12:55pm<br>2 Lanes |          |                        |
| 12:30-1:00pm    |   |  |   |  |   |          |                        |
| 1:00-1:30pm     | <b>SENIOR SWIM LANES</b><br>12:55-3:00pm<br>2 Lanes   |  | <b>SENIOR SWIM LANES</b><br>12:55-3:00pm<br>2 Lanes   |  | <b>SENIOR SWIM LANES</b><br>12:55-3:00pm<br>2 Lanes   |          |                        |
| 1:30-2:00pm     |   | <b>POOL MAINTENANCE</b><br>1:30-3:30pm           |   |  |   |          |                        |
| 2:00-2:30pm     |   |  |   |  |   |          |                        |
| 2:30-3:00pm     |   |  |   |  |   |          |                        |
| 3:00-3:30pm     |   |  |   |  |   |          |                        |
| 3:30-4:00pm     |   |  |   |  |   |          |                        |
| 4:00-4:30pm     | <b>SWIM TEAM</b>                                      |  | <b>SWIM TEAM</b>                                      |  | <b>SWIM TEAM</b>                                      |          |                        |
| 4:30-5:00pm     | 4:15-6:30pm<br>2 Lanes                                |  | 4:15-6:30pm<br>2 Lanes                                |  | 4:15-6:30pm<br>2 Lanes                                |          |                        |
| 5:00-5:30pm     |   |  |   |  |   |          | <b>SWIM TEAM</b>       |
| 5:30-6:00pm     |   |  |   |  |   |          | 5:00-7:00pm<br>4 Lanes |
| 6:00-6:30pm     | <b>ENDURANCE</b><br>6:00-7:00pm<br>2 Lanes            |  |   |  |   |          |                        |
| 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 Main Pool and Hot Tub will close 30 minutes before the rest of the YMCA facility.  
On Sundays the Main Pool closes at 7:00pm.

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



# WINTER/SPRING POOL SCHEDULE

SOUTHEAST

**SESSION 2**  
February 19–April 15

## Multipurpose Pool

|                 | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY                                    | SATURDAY  | SUNDAY  |
|-----------------|--|--|--|--|---|---|---|
| 6:00–6:30am     | <b>AQUAFIT SHALLOW</b><br>6:15–7:00am TW               |  | <b>AQUAFIT SHALLOW</b><br>6:15–7:00am TW               |  |   |   |   |
| 6:30–7:00am     |  |  |  |  |   |   |   |
| 7:00–7:30am     | <b>ADULT ONLY OPEN SWIM</b><br>7:00–8:30am<br>TW & 2LL | <b>ADULT ONLY OPEN SWIM</b><br>7:00–8:00am<br>TW & 2LL | <b>ADULT ONLY OPEN SWIM</b><br>7:00–8:30am<br>TW & 2LL | <b>ADULT ONLY OPEN SWIM</b><br>7:00–8:00am<br>TW & 2LL |   |   |   |
| 7:30–8:00am     |  |  |  |  |   |   |   |
| 8:00–8:30am     |  |  |  |  |   |   |   |
| 8:30–9:00am     |  |  |  |  |   |   |   |
| 9:00–9:30am     | <b>AQUAFIT SHALLOW</b><br>9:00–9:55am TW               | <b>AQUAFIT SHALLOW</b><br>9:00–9:55am TW               | <b>AQUAFIT SHALLOW</b><br>9:00–9:55am TW               | <b>AQUAFIT SHALLOW</b><br>9:00–9:55am TW               |   | <b>SWIM LESSONS</b><br>9:00–12:00pm<br>TW & 2LL |   |
| 9:30–10:00am    |  |  |  |  |   |   |   |
| 10:00–10:30am   |  | <b>SWIM LESSONS</b><br>10:00–10:30am TW                |  | <b>SWIM LESSONS</b><br>10:00–10:30am TW                |   |   |   |
| 10:30–11:00am   |  | <b>AA PLUS</b>   |  | <b>AA PLUS</b>   | <b>CARDIAC REHAB</b>                      |   |   |
| 11:00–11:30am   |  | 10:45–11:30am TW                                       |  | 10:45–11:30am TW                                       | <b>WATER FITNESS</b><br>10:45–12:05pm 2LL |   | <b>ADULT ONLY OPEN SWIM</b><br>11:00am–1:00pm<br>TW & 2LL |
| 11:30am–12:00pm |  |  |  |  |   |   |   |
| 12:00–12:30pm   | <b>AA BASIC</b><br>12:05–12:50pm TW                    | <b>AA BASIC</b><br>12:00–12:45pm TW                    | <b>AA BASIC</b><br>12:05–12:50pm TW                    | <b>AA BASIC</b><br>12:00–12:45pm TW                    | <b>AA BASIC</b><br>12:05–12:50pm TW       | <b>ADULT ONLY OPEN SWIM</b>                     |   |
| 12:30–1:00pm    |  |  |  |  |   | 12:00–2:00pm<br>TW & 2LL                        |   |
| 1:00–1:30pm     |  |  |  |  |   |   |   |
| 1:30–2:00pm     |  | <b>POOL MAINTENANCE</b><br>1:30–3:30pm                 |  |  |   |   |   |
| 2:00–2:30pm     |  |  |  |  |   |   |   |
| 2:30–3:00pm     |  |  |  |  |   |   |   |
| 3:00–3:30pm     |  |  |  |  |   |   |   |
| 3:30–4:00pm     |  |  |  |  |   |   |   |
| 4:00–4:30pm     |  |  |  |  |   |   |   |
| 4:30–5:00pm     |  |  |  |  | <b>PRE-TEAM</b><br>4:30–6:45pm 2LL        |   |   |
| 5:00–5:30pm     |  | <b>SWIM LESSONS</b><br>4:45–6:45pm<br>TW & 2LL         |  | <b>SWIM LESSONS</b><br>4:45–6:45pm<br>TW & 2LL         |   |   |   |
| 5:30–6:00pm     |  |  |  |  |   |   |   |
| 6:00–6:30pm     | <b>AQUAFIT SHALLOW</b><br>6:00–6:55pm TW               |  | <b>AQUAFIT SHALLOW</b><br>6:00–6:55pm TW               |  | <b>AQUAFIT SHALLOW</b><br>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. The Multipurpose Pool and Hot Tub will close at 7:00 pm on Sundays

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