



# FALL POOL SCHEDULE SOUTHEAST

**SESSION 6**  
October 16-December 17

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

- 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 6**  
October 16–December 17

### Multipurpose Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00–6:30am	<b>AQUAFIT SHALLOW</b> 6:15–7:00am TW		<b>AQUAFIT SHALLOW</b> 6:15–7:00am TW				
6:30–7:00am							
7:00–7:30am	<b>ADULT ONLY OPEN SWIM</b> 7:00–8:30am TW & 2LL	<b>ADULT ONLY OPEN SWIM</b> 7:00–8:00am TW & 2LL	<b>ADULT ONLY OPEN SWIM</b> 7:00–8:30am TW & 2LL	<b>ADULT ONLY OPEN SWIM</b> 7:00–8:00am TW & 2LL			
7:30–8:00am							
8:00–8:30am							
8:30–9:00am							
9:00–9:30am	<b>AQUAFIT SHALLOW</b> 9:00–9:55am TW	<b>AQUAFIT SHALLOW</b> 9:00–9:55am TW	<b>AQUAFIT SHALLOW</b> 9:00–9:55am TW	<b>AQUAFIT SHALLOW</b> 9:00–9:55am TW	<b>AQUAFIT SHALLOW</b> 9:00–9:55am TW	<b>SWIM LESSONS</b> 9:00–12:00pm TW & 2LL	
9:30–10:00am							
10:00–10:30am					<b>SWIM LESSONS</b> 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> 10:45–12:05pm 2LL	<b>ADULT ONLY OPEN SWIM</b> 11:00–1:00pm TW & 2LL	<b>ADULT ONLY OPEN SWIM</b> 11:00am–1:00pm TW & 2LL
11:30am–12:00pm							
12:00–12:30pm	<b>AA BASIC</b> 12:05–12:50pm TW	<b>AA BASIC</b> 12:00–12:45pm TW	<b>AA BASIC</b> 12:05–12:50pm TW	<b>AA BASIC</b> 12:00–12:45pm TW	<b>AA BASIC</b> 12:05–12:50pm TW		
12:30–1:00pm							
1:00–1:30pm							
1:30–2:00pm		<b>POOL MAINTENANCE</b> 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> 4:30–6:45pm 2LL		
5:00–5:30pm		<b>SWIM LESSONS</b> 4:45–6:45pm TW & 2LL		<b>SWIM LESSONS</b> 4:45–6:45pm TW & 2LL			
5:30–6:00pm							
6:00–6:30pm	<b>AQUAFIT SHALLOW</b> 6:00–6:55pm TW		<b>AQUAFIT SHALLOW</b> 6:00–6:55pm TW		<b>AQUAFIT SHALLOW</b> 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