



# SOUTHEAST YMCA MAIN POOL SCHEDULE Session 3 - Effective April 17

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM		Aquafit Deep Water 8:50-9:45 am (2 Lanes)		Aquafit Deep Water 8:50-9:45 am (2 Lanes)			
9:00 AM	Aquafit Deep Water 9-9:55 am (3 Lanes)		Aquafit Deep Water 9-9:55 am (3 Lanes)		Aquafit Deep Water 9-9:55 am (3 Lanes)		
9:30 AM							
10:00 AM		Deep Water Run 10 - 10:30 am (3 Lanes)		Deep Water Run 10 - 10:30 am (3 Lanes)			
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Aquafit Deep Water 12-12:55 pm (2 Lanes)		Aquafit Deep Water 12-12:55 pm (2 Lanes)		Aquafit Deep Water 12-12:55 pm (2 Lanes)		
12:30 PM							
1:00 PM							
1:30 PM	Senior Swim Lanes	Pools Closed Maintenance Hours 1:30-3:30 pm	Senior Swim Lanes		Senior Swim Lanes	Tiger Sharks Swim Team 12-5 pm (2 Lanes 12-3:30 pm) (3 Lanes 3:30-5 pm)	
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	Endurance 6:00-7:00 pm (2 Lanes)	Tiger Sharks Swim Team 5:30-8:00 pm (2 Lanes 5:30-6:30 pm) (3 Lanes 6:30-8 pm)	Tiger Sharks Swim Team 3:45-7:45 pm (3 Lanes 3:45-5:15 pm) (2 Lanes 5:15-7:45 pm)		Pre-Swim Team 4:30-6:45 pm (2 Lanes)		
6:30 PM							Pool Closed*
7:00 PM							Tiger Sharks Swim Team 5-7 pm (Entire Pool)
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM	MAIN POOL CLOSES AT 9:30						

\*Main Pool and hot tub close at 5:00 pm on Sundays due to Tiger Shark Swim Team practice

LEGEND
Open
Lap Lanes Closed
Closed



# SOUTHEAST YMCA MULTIPURPOSE POOL SCHEDULE Session 3 - Effective April 17

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Aquafit Shallow/Deep 6:15-7:00 am (TW)		Aquafit Shallow/Deep 6:15-7:00 am (TW)			Closed	Closed
6:30 AM							
7:00 AM	Adult Only Open Swim (TW)	Adult Only Open Swim (TW)	Adult Only Open Swim (TW)	Adult Only Open Swim (TW)	Adult Only Open Swim (TW)	Swim Lessons 9am - 12 pm (TW, LL)	Adult Only Open Swim 11 am-1 pm (Part of TW)
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Aquafit 9-9:55 am (TW)	Aquafit 9-9:55 am (TW)	Aquafit 9-9:55 am (TW)	Aquafit 9-9:55 am (TW)	Aquafit 9-9:55 am (TW)	Swim Lessons 9am - 12 pm (TW, LL)	Adult Only Open Swim 11 am-1 pm (Part of TW)
9:30 AM							
10:00 AM	AAP Deep 10-10:45 am (LL)	Parent/Child Swim Lessons 10-10:30 am (TW)	AAP Deep 10-10:45 am (LL)	Parent/Child Swim Lessons 10-10:30 am (TW)	AAP Deep 9:55-10:40 am (LL)	Swim Lessons 9am - 12 pm (TW, LL)	Adult Only Open Swim 11 am-1 pm (Part of TW)
10:30 AM							
11:00 AM	Preschool Swim 11 am-12 pm (SA)	AAP Basic 10:45-11:30 am (TW)	Preschool Swim 11 am-12 pm (SA)	AAP Basic 10:45-11:30 am (TW)	Cardiac Rehab 10:45-11:30 am (LL)	Swim Lessons 9am - 12 pm (TW, LL)	Adult Only Open Swim 11 am-1 pm (Part of TW)
11:30 AM							
12:00 PM	AAP Basic 12:05-12:50 pm (TW)	AAP Plus 12-12:45 pm (TW)	AAP Basic 12:05-12:50 pm (TW)	AAP Plus 12-12:45 pm (TW)	AAP Basic 12:05-12:50 pm (TW)	Adult Only Open Swim 12-1:30 pm (Part of TW)	Adult Only Open Swim 11 am-1 pm (Part of TW)
12:30 PM							
1:00 PM	Preschool Swim 1 - 1:30 pm		Preschool Swim 1-1:30 pm				
1:30 PM		Pools Closed Maintenance Hours 1:30-3:30 pm					
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM		Swim Lessons 4:30-6:45 pm (TW, LL)		Swim Lessons 4:30-6:45 pm (TW, LL)			
5:00 PM							
5:30 PM							
6:00 PM	Aquafit Shallow 6-6:55 pm	Swim Lessons 4:30-6:45 pm (TW, LL)	AquaFit Shallow 6-6:55 pm	Swim Lessons 4:30-6:45 pm (TW, LL)	AquaFit Shallow 6-6:55 pm		
6:30 PM							
7:00 PM							MULTIPURPOSE POOL CLOSING AT 7 PM
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM	MULTIPURPOSE POOL CLOSING AT 9 PM						

(TW) = Teaching Well, (LL) = Lap Lanes, (SA) = Splash Area

LEGEND
Open
Lap Lanes Closed
Teaching Well Closed
Closed