



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

FOX WEST YMCA

June 12th – August 27th

Open Swim (Any person using the pool for fun swimming)
Children under the age of 6 must have a parent in the water with them. Children ages 6-9 must pass a swim test to be able to swim alone. All persons in pool must be dressed in swim attire.

Lap/Fitness Swim (Any person using pool for exercise in 1 lane)
Please be courteous and share your lane when necessary. Lap lanes may be unavailable due to swim lessons or Water Fitness/Exercise Classes.

Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>Lap/Fitness Swim 5:00 AM – 8:30PM*</p> <p>*Only 1 lane available during these times: 8:15-12:00 PM 4:00-8:00PM</p> <p>Open Swim 12:00PM-3:45pm 7:00 PM – 8:30 PM</p> <p>Swim Lessons 9:00 AM – Noon 4:00 PM – 7:00PM</p>	<p>Lap/Fitness Swim 5:00 AM – 8:30PM*</p> <p>*Only 1 lane available during these times: 8:15 – 12:00 PM 4:00-7:00PM</p> <p>Open Swim 12:00PM – 3:45PM 7:00 PM – 8:30 PM</p> <p>Swim Lessons 9:00 AM – Noon 4:00 PM – 7:00PM</p>	<p>Lap/Fitness Swim 5:00 AM – 8:30PM*</p> <p>*Only 1 lane available during these times: 8:15-12:00 PM 4:00-8:00 PM</p> <p>Open Swim 12:00 PM– 3:45PM 7:00 PM – 8:30PM</p> <p>Swim Lessons 9:00 AM – Noon 4:00 PM – 7:00 PM</p>	<p>Lap/Fitness Swim 5:00 AM – 8:30PM*</p> <p>*Only 1 lane available during these times: 8:15-12:00 PM 4:00- 7:00 PM</p> <p>Open Swim 12:00 PM – 3:45PM 7:00 PM – 8:30 PM</p> <p>Swim Lessons 9:00 AM – Noon 4:00 PM – 7:00 PM</p>	<p>Lap/Fitness Swim 5:00 AM – 8:30PM*</p> <p>*Only 1 lane available during these times: 8:15- 10:30AM</p> <p>Open Swim 11:00 AM– 8:30 PM</p>	<p>Lap/Fitness Swim 5:45 AM – 2:30PM*</p> <p>*Only 2 lane available during these times: 9:30 AM – NOON</p> <p>Open Swim NOON –2:30 PM</p> <p>Swim Lessons 8:45 AM – NOON</p>	<p>Lap/Fitness Swim 7:30 AM – 2:30 PM*</p> <p>Open Swim 7:30AM – 2:30pm</p>

The lifeguard on duty will make final decisions on safety issues concerning pool rules.

Our Mission: To put Christian principles into practice by promoting youth, adult and family activities that help build a healthy spirit, mind and body for all.