



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

FOX WEST YMCA

Fall 2: October 23rd – December 17th

Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>Lap/Fitness Swim 5:00 AM – 9:30PM*</p> <p>*Only 1 lane available during these times: 8:15-12:00PM 4:00-8:00PM</p> <p>Open Swim 9:00AM – 3:45PM* 8:00 PM - 9:30 PM *shared with lessons 10-NOON</p> <p>Swim Lessons 9:00 AM – Noon 4:00 PM – 7:00PM *closed 9/4 for Labor Day</p>	<p>Lap/Fitness Swim 5:00 AM – 9:30PM*</p> <p>*Only 1 lane available during these times: 8:15-11:00AM 4:00-7:00PM</p> <p>Open Swim 9:00AM – 3:45PM* 7:00 PM - 9:30 PM *shared with lessons 10-NOON</p> <p>Swim Lessons 9:00 AM – Noon 4:00 PM – 7:00PM</p>	<p>Lap/Fitness Swim 5:00 AM – 9:30PM*</p> <p>*Only 1 lane available during these times: 8:15-11:00AM 4:00-8:00 PM</p> <p>Open Swim 9:00AM- 3:45PM* 8:00 PM – 9:30PM *shared with lessons 10-NOON</p> <p>Swim Lessons 9:00 AM – Noon 4:00 PM – 7:00 PM</p>	<p>Lap/Fitness Swim 5:00 AM – 9:30PM*</p> <p>*Only 1 lane available during these times: 8:15-11:00AM 4:00- 7:00 PM</p> <p>Open Swim 9:00AM – 3:45PM* 7:00 PM - 9:30 PM *shared with lessons 10-NOON</p> <p>Swim Lessons 9:00 AM – Noon 4:00 PM – 7:00 PM</p>	<p>Lap/Fitness Swim 5:00 AM – 9:30PM*</p> <p>*Only 1 lane available during these times: 8:15- 10:00AM</p> <p>Open Swim 9:00- 9:30 PM</p>	<p>Lap/Fitness Swim 5:45 AM – 5:30PM*</p> <p>*Only 1 lane available during these times: 8:30AM - NOON</p> <p>Open Swim NOON –5:30 PM</p> <p>Swim Lessons 8:00 AM – NOON</p>	<p>Lap/Fitness Swim 7:30 AM – 5:30 PM*</p> <p>*Pool closed from 12:00-2:00pm on 12/17**</p> <p>Open Swim 9:00am – 5:30pm</p> <p>*Pool closed from 12:00-4:00pm on 12/17**</p>

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 the pool area must be dressed in swim attire.

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