



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 – 9:30PM*</p> <p>*Only 1 lane available during these times: 8:15-10:00AM 4:00-8:00PM</p> <p>Open Swim 10:00AM – 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 4:00-7:00PM</p> <p>Open Swim 10:00AM – 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: 8:15-10:00AM 4:00-8:00 PM</p> <p>Open Swim 10:00AM– 3:45PM* 7:00 PM – 9:30PM *shared with lessons 10am-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 10:00AM – 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 10:00- 9:30 PM</p>	<p>Lap/Fitness Swim 5:45 AM – 5:30PM*</p> <p>*Only 1 lane available during these times: 8:45AM - NOON</p> <p>Open Swim NOON –5:30 PM</p> <p>Swim Lessons 8:45 AM – NOON</p>	<p>Lap/Fitness Swim 7:30 AM – 5:30 PM*</p> <p>Open Swim 7:30AM – 5:30pm</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.