



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

FOX WEST YMCA

April 16th – May 25th

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

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.