



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

FOX WEST YMCA

Sept 10th – Oct 28th

Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>Lap/Fitness Swim 5:00AM–9:30PM*</p> <p>*Only 1 lane available during these times: 8:15AM–NOON 4:00PM–8:00PM</p> <p>Open Swim 10:00AM–3:45PM* 8:00PM–9:30PM *shared with lessons 10:00AM–11:20AM</p> <p>Swim Lessons 9:00AM–NOON 4:00PM–7:00PM</p>	<p>Lap/Fitness Swim 5:00AM–9:30PM*</p> <p>*Only 1 lane available during these times: 8:15AM–11:00AM 4:00PM–7:00PM</p> <p>Open Swim 10:00AM–3:45PM* 7:00PM–9:30 PM *shared with lessons 10:00AM–NOON</p> <p>Swim Lessons 9:00AM–NOON 4:00PM–7:00PM</p>	<p>Lap/Fitness Swim 5:00AM–4:00PM* 7:00PM–9:30PM</p> <p>*Only 1 lane available during these times: 8:15AM–10:15AM NOON–1:00PM 7:00PM–8:00 PM</p> <p>Open Swim 10:00AM–3:45PM* 8:00PM–9:30PM *shared with lessons 10:00AM–11:15AM</p> <p>Swim Lessons 9:00AM–NOON 4:00PM–7:00 PM</p>	<p>Lap/Fitness Swim 5:00AM–9:30PM*</p> <p>*Only 1 lane available during these times: 8:15–11:00AM 4:00PM–7:00 PM</p> <p>Open Swim 10:00AM–3:45PM* 7:00 PM–9:30 PM *shared with lessons 10:00AM–11:00AM</p> <p>Swim Lessons 9:00AM–NOON 4:00PM–7:00PM</p>	<p>Lap/Fitness Swim 5:00AM–9:30PM*</p> <p>*Only 1 lane available during these times: 8:15AM–10:15AM</p> <p>Open Swim 10:00–9:30 PM</p>	<p>Lap/Fitness Swim 5:45AM–5:30PM*</p> <p>*Only 1 lane available during these times: 9:45AM–NOON</p> <p>Open Swim 10:00AM–5:30PM *shared with lessons 10:00AM–NOON</p> <p>Swim Lessons 8:15AM–NOON</p>	<p>Lap/Fitness Swim 7:30AM–5:30PM*</p> <p>Open Swim 10:00AM–5:30PM</p>

Open Swim: (Any person using the pool for fun swimming) – SHALLOW END: 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) – DEEP END: Please be courteous and share your lane when necessary. Lap lanes may be unavailable due to swim lessons or Water Fitness/Exercise Classes.