



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 3rd-February 28, 2022

North Royalton Family YMCA Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30						Closed	Closed	6:30
7:00								
7:30	Lap swim 6:30a-10am (Lanes 1-8)	Lap swim 6:30a-10am (Lanes 1-8)	Lap swim 6:30a-10am (Lanes 1-8)	Lap swim 6:30a-10am (Lanes 1-8)	Lap swim 6:30a-10am (Lanes 1-8)	North Royalton Swim Team 7:30am-9am (Lanes 1-4)	Lap Swim 7:30-8:45am (Lanes 5-8)	7:30
8:00								
8:30						RYD Swim Team 9a-10a (Lanes 1-4)	Swim lessons 9a-1p (Lanes 5-8)	8:30
9:00								
9:30						Lap Swim 10a-5:30p (Lanes 1-4)	Family Swim 1p-5:30p (Lanes 5-8)	9:30
10:00	Aqua Fit Shallow 10-10:45a (Lanes 6-8)	Aqua Fit Deep 10-10:45a (Lanes 6-8)	Aqua Boot Camp 10:15-11a (Lanes 6-8)	Aqua Fit Deep 10-10:45a (Lanes 6-8)	Aqua Fit Shallow 10-10:45a (Lanes 6-8)			
10:30	Arthritis Water Fitness 11-11:45a (Lanes 6-8)	Open Swim 11a-12p (Lanes 6-8)	Family Swim 11-2p (Lanes 6-8)	Open Swim 11a-12p (Lanes 6-8)	Arthritis Water Fitness 11-11:45a (Lanes 6-8)	Lap Swim 10am-2:45p (Lanes 1-5)	Family Swim 12-2p (Lanes 6-8)	10:30
11:00	Lap Swim 10am-2:45p (Lanes 1-5)	Lap Swim 10am-2:45p (Lanes 1-5)			Lap Swim 10am-2:45p (Lanes 1-5)			Lap Swim 10am-2:45p (Lanes 1-5)
11:30	Family Swim 12-2p (Lanes 6-8)	Aqua Boot Camp 12-12:45p (Lanes 6-8)		Aqua Boot Camp 12-12:45p (Lanes 6-8)	Open Swim 12:45p-2:45p (Lanes 6-8)			11:30
12:00		Open Swim 12:45p-2:45p (Lanes 6-8)						12:00
12:30								12:30
1:00								1:00
1:30								1:30
2:00								2:00
2:30								2:30
3:00	N.R swim team 3pm-5pm (Lanes 1-8)	N.R swim team 3pm-5pm (Lanes 1-8)	N.R swim team 3pm-5pm (Lanes 1-8)	N.R swim team 3pm-5pm (Lanes 1-8)	N.R swim team 3pm-5pm (Lanes 1-8)			3:00
3:30								3:30
4:00								4:00
4:30								4:30
5:00					Family Swim 5p-6p (Lanes 6-8)			5:00
5:30								5:30
6:00	RYD Swim Team 5p-7:30p	Swim lessons 5p-8p (Lanes 6-8)	RYD Swim Team 5p-7:15p	Swim lessons 5p-8p (Lanes 6-8)	RYD Swim Team 5p-7:15p			6:00
6:30					Swim lessons 6p-8p (Lanes 6-8)	Lap Swim 5:00p-8:30p (Lanes 1-4)	Family Swim 5p-8:30p (Lanes 5-8)	6:30
7:00								7:00
7:30								7:30
8:00	Lap Swim 7:30p-8:30p (Lanes 1-4)	Lap Swim 7:15p-8:30p (Lanes 1-4)	Lap Swim 7:30p-8:30p (Lanes 1-4)	Lap Swim 7:15p-8:30p (Lanes 1-4)				8:00
8:30								8:30

POOL TEMP: 81-83

Spa Policies

1. Max 6 members at a time
2. Time limit not to exceed 10- 15 minutes
3. Adults 18 and over only
4. Shower before entering
5. Proper swimwear required

*Pool Events

NOW HIRING! Lifeguards and Swim Instructors. Please contact Sunny in aquatics for more information.
Private lessons may take place at any time.
Please review our Test, Mark, Protect policy
Children 12 and under must have a parent or guardian in aquatics at all times.

Sauna Policies

1. Max of 4 member at a time
2. Time limit not to exceed 10 minutes
3. Adults 18 and over only
4. Shower before entering
5. Proper swimwear required
6. No shoes allowed