



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

December 5th - December 11th

Recreation Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30							
7:00							
7:30							
8:00					Open Swim 8:00am-9:30am	Group Lessons 8:15am-11:00am	Family Swim 8:00am-3:00pm
8:30	Aquacise 8:00am -8:50am		Aquacise 8:00am -8:50am		Aqua Zumba 9:30-10:20a		
9:00	Aquacise 9:00am -9:50am		Aquacise 9:00am - 9:50am		Open Swim 10:20am - 11:00am		
10:00							
10:30							
11:00	Adult Swim 10:30am -11:00am		Adult Swim 10:30am -11:00am				
11:30	Aqua Fit 11:00am- 11:50am		Aqua Fit 10:30am-11:20am		Aqua Fit 11:00a-11:50a		
12:00						Family Swim 11am-3:00pm	
12:30	Open Swim 12:00p-1:00pm		Adult Swim 11:20am-1:00pm		Open Swim 11:50am - 1:00pm		
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							Staff In-Service 3:00pm - 4:30pm
4:30	Group Lessons 4:00pm-6:45pm	Family Swim 4:00pm - 6:30pm	Group Lessons 4:00pm-6:15pm	Family Swim 5:00pm-6:30pm			
5:00							
5:30							
6:00					Family Swim 4:00pm - 8:30pm		
6:30							
7:00	Family Swim 6:45pm-8:30pm	Aqua Zumba 6:30pm-7:20pm (no family swim in shallow)	Family Swim 6:15pm-8:30pm	Aqua Zumba 6:30pm-7:20pm (no family swim in shallow)			
7:30							
8:00		Family Swim 7:20pm-8:30pm		Family Swim 7:20pm-8:30pm			
8:30							

****The pool schedule is subject to change upon lifeguard availability****

<p style="text-align: center;">Spa Policies</p> <ol style="list-style-type: none"> 1. Must be at least 18 years of age. 2. Swim attire is required. 3. Please shower before entering 4. Do not use without lifeguard supervision 5. Exercise is prohibited 6. Observe reasonable time limits of 10-15 minutes. Then leave the water and cool down before returning for another brief stay if you wish. 	<p style="text-align: center;">Sauna Policies</p> <ol style="list-style-type: none"> 1. Must be at least 18 years of age. 2. Athletic (shorts & short sleeve shirt) or Swim attire is required. Long pants, long shirts, and shoes are prohibited. 3. Observe reasonable time limits of 10-15 minutes. Then leave the sauna and cool down before returning for another brief stay if you wish. 4. Do not use oils or lotions while in sauna 5. Do not pour water on rocks
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Fitness Classes

Maximum capacity for group exercise classes in competition pool is 20 participants - 5 per lane for approved classes.



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December 5th - December 11th

Competition Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30	***Swim Team Season: Open lanes can be utilized by YMCA guests***							
6:00								
6:30								
7:00						Open Swim 7:00am-3:00pm		
7:30								
8:00		Adult Swim 8:00am-10:00am		Adult Open Swim 8:00am - 10:20am				Open Swim 8:00am-3:00pm
8:30				Boot Camp 8:30am - 9:20am				
9:00				Aqua Deep 9:30am - 10:20				
9:30								
10:00								
10:30								
11:00								
11:30		Adult Open 10:30a-1:00pm		Adult Open Swim 11:00am - 1:00pm				
12:00								
12:30								
1:00								
1:30								
2:00								
2:30								
3:00								
3:30								
4:00	Avon Swim Team 3:45p-5:45p (Lanes 2-8)	Avon Swim Team 3:45p-5:45p (Lanes 2-8)	Avon Swim Team 3:45p-5:45p (Lanes 2-8)	Avon Swim Team 3:45p-5:45p (Lanes 2-8)	Avon Swim Team 3:45p-5:45p (Lanes 2-8)	Open Swim 7:00am-3:00pm		
4:30								
5:00								
5:30					RYD Team 5:45p-7:00p (Lanes 6-8)			
6:00	RYD Team 5:45p-7:00p (Lanes 5-8)	RYD Team 5:45p-7:00p (Lanes 5-8)	RYD Team 5:45p-7:00p (Lanes 5-8)	RYD Team 5:45p-7:00p (Lanes 5-8)	Elyria Swim Team 6:00p-7:30p (Lanes 2-5)			
6:30								
7:00								
7:30	Elyria Swim Team 7:00p-8:30p (Lanes 4-8)	Elyria Swim Team 7:00p-8:30p (Lanes 4-8)	Elyria Swim Team 7:00p-8:30p (Lanes 4-8)	Elyria Swim Team 7:00p-8:30p (Lanes 4-8)	Avon Lake Swim Team 7:30p-9:00p (Lanes 3-8)			
8:00								
8:30	Adult Swim 8:30 - 9:00	Adult Swim 8:30 - 9:00	Adult Swim 8:30 - 9:00	Adult Swim 8:30 - 9:00				
9:00								

pool schedule is subject to change upon lifeguard availability**

**The

Spa Policies

1. Must be at least 18 years of age.
2. Swim attire is required.
3. Please shower before entering
4. Do not use without lifeguard supervision
5. Exercise is prohibited
6. Observe reasonable time limits of 10-15 minutes. Then leave the water and cool down before returning for another brief stay if you wish.

Sauna Policies

1. Must be at least 18 years of age.
2. Athletic (shorts & short sleeve shirt) or Swim attire is required. Long pants, long shirts, and shoes are prohibited.
3. Observe reasonable time limits of 10-15 minutes. Then leave the sauna and cool down before returning for another brief stay if you wish.
4. Do not use oils or lotions while in sauna
5. Do not pour water on rocks
6. Must be at least 18 years of age.

Fitness Classes

Maximum capacity for group exercise classes in competition pool is 20 participants - 5 per lane for approved classes.