



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 13th- April 2nd

Competition Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
5:30	***Swim Team Season: Open lanes can be utilized by YMCA guests***										
6:00	Open Swim 6:00am- 8:50pm	Open Swim 6:00am- 8:50pm	Open Swim 6:00am- 7:45 am	Open Swim 6:00 am- 8:50pm	Open Swim 6:00am- 7:45 am						
6:30			Open Swim 6:00am- 7:45 am		Open Swim 6:00 am- 8:50pm			Open Swim 6:00am- 7:45 am			
7:00			Open Swim 6:00am- 7:45 am		Open Swim 6:00 am- 8:50pm			Open Swim 6:00am- 7:45 am			
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8:30			Open Swim 6:00am- 7:45 am		Open Swim 6:00 am- 8:50pm			Open Swim 6:00am- 7:45 am			
9:00			Open Swim 6:00am- 7:45 am		Open Swim 6:00 am- 8:50pm			Open Swim 6:00am- 7:45 am	Closed 7:45am- 12:15pm	Open Swim 7:00am- 2:50pm	Open Swim 8:00am-4:00 pm
9:30			Open Swim 6:00am- 7:45 am		Open Swim 6:00 am- 8:50pm			Open Swim 6:00am- 7:45 am	Closed 7:45am- 12:15pm	Open Swim 7:00am- 2:50pm	Open Swim 8:00am-4:00 pm
10:00			Open Swim 6:00am- 7:45 am		Open Swim 6:00 am- 8:50pm			Open Swim 6:00am- 7:45 am	Closed 7:45am- 12:15pm	Open Swim 7:00am- 2:50pm	Open Swim 8:00am-4:00 pm
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11:00	Open Swim 6:00am- 7:45 am	Open Swim 6:00 am- 8:50pm	Open Swim 6:00am- 7:45 am	Closed 7:45am- 12:15pm	Open Swim 7:00am- 2:50pm	Open Swim 8:00am-4:00 pm					
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1:00	Open Swim 6:00am- 7:45 am	Open Swim 6:00 am- 8:50pm	Open Swim 6:00am- 7:45 am	Closed 7:45am- 12:15pm	Open Swim 7:00am- 2:50pm	Open Swim 8:00am-4:00 pm					
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****The pool schedule is subject to change upon lifeguard availability****

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.

Unavailable Lanes Through March

March 22nd-

Lanes 7-8 booked from 10:45am-12:30pm March 18th,19th,26th- Lanes 5-8 Booked

from 9am-2pm Lifeguard class March 24th- 4 Lanes 5-8 4:30pm-7:30pm Lifeguard Class

PLEASE NOTE: MARCH 20TH THE COMP POOL WILL BE CLOSED UNTIL 3:45PM- THE REC POOL WILL BE CLOSED EVERY TWO HOURS FOR A 15 MINUTE BREAK, MARCH 22ND THE POOL WILL BE CLOSED FROM 3:00pm- 3:45pm. MARCH 24TH WILL ONLY BE OPEN FOR AQUA ZUMBA AND AQUA FIT ONLY!!

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