



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

May 1st, 2023- June 4th, 2023

North Royalton Family YMCA Pool Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday				
06:30	Adult Lap Swim 6:30a-9:00am (Lanes1-8)		Adult Lap Swim 6:30a-9:00am (Lanes1-8)		Adult Lap Swim 6:30a-10:00am (Lanes1-8)		Adult Lap Swim 6:30a-10:00am (Lanes1-8)		Adult Lap Swim 6:30a-9:00am (Lanes1-8)		Closed		Closed		06:30		
07:00																	
07:30																	
08:00																	
08:30	Adult Lap Swim 9-11am (Lanes 1-5)		Adult Lap Swim 9-11am (Lanes 1-5)		Adult Lap Swim 10am-11a (Lanes 1-5)		Adult Lap Swim 10am-11a (Lanes 1-5)		Adult Lap Swim 9a-1pm (Lanes 1-5)		Lap Swim 7:30-8:45am (Lanes 1-8)		Lap Swim 8:30-3:30 (L1-4)		Open Swim 8:30-3:30 (L 5-8)		08:30
09:00																	
09:30																	
10:00																	
10:30	Adult Lap Swim 11a-12:00p (Lanes 1-5)		Adult Lap Swim 11a-12p (Lanes 1-5)		Adult Lap Swim 11a-1p (Lanes1-8)		Adult Lap Swim 11a-12pm (Lanes 1-8)		Adult Lap Swim 12pm-1p (Lanes 1-5)		Arthritis Water Fitness 12-12:45p (Lanes 6-8)		Swim lessons 9a-1p (Lanes 5-8)		Lap Swim 8:30-3:30 (L 5-8)		10:30
11:00																	
11:30																	
12:00																	
12:30	Arthritis Water Fitness 12-12:45p (Lanes 6-8)		Aqua Boot Camp 12-12:45p (Lanes 6-8)		Aqua Boot Camp 12-12:45p (Lanes 6-8)		Aqua Boot Camp 12-12:45p (Lanes 6-8)		Aqua Dance 1:15p-2p (Lanes 6-8)		Lap Swim 10a-5:30p (L 1-4)		Open Swim 1p-5:30p (L 5-8)				12:30
01:00																	
01:30																	
02:00																	
02:30	Lap Swim 12p-4:45p (Lanes 1-6)		Lap Swim 12p-4:45p (L 1-6)		Open Swim 12:45p-4:45p (Lanes6-8)		Lap Swim 1p-4:45p (Lanes1-5)		Open Swim 12:45p-4:45p (Lanes6-8)		Open Swim 12:45p-4:45p (Lanes6-8)		Open Swim 1p-5:30p (L 5-8)				02:30
03:00																	
03:30																	
04:00																	
04:30	RYD Swim Team 4:30-7:30p (Lanes 1-5)		Swim lessons 5p-8p (Lanes 6-8)		RYD Swim Team 4:30-7:30p (Lanes 1-5)		Swim lessons 5p-8p (Lanes 6-8)		RYD Swim Team 4:30-7:15p (Lanes 1-5)		Swim lessons 5p-8p (Lanes 6-8)						04:30
05:00																	
05:30																	
06:00																	
06:30	Lap Swim 7:30p-8:30p (Lanes 1-8)		Lap Swim 7:15p-8:30p (Lanes 1-5)		Lap Swim 7:30p-8:30p (Lanes 1-8)		Lap Swim 7:15p-8:30p (Lanes 1-8)		Lap Swim 7:15p-8:30p (Lanes 1-8)		Open Swim 2p-8:30p (Lanes 6-8)						06:30
07:00																	
07:30																	
08:00																	
08:30	Lap Swim 7:30p-8:30p (Lanes 1-8)		Lap Swim 7:15p-8:30p (Lanes 1-5)		Lap Swim 7:30p-8:30p (Lanes 1-8)		Lap Swim 7:15p-8:30p (Lanes 1-8)		Lap Swim 7:15p-8:30p (Lanes 1-8)		Open Swim 2p-8:30p (Lanes 6-8)						08:30

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.

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

