

May 1st, 2023- June 4th, 2023 North Royalton Family YMCA Pool Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		-
06:30	l		ļ								Closed				06:30
07:00	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)		Oloseu		- Closed		07:00
07:30											Lap Swim 7:30-8:45am (Lanes 1-8)				07:30
08:00															08:00
08:30															08:30
09:00		Aqua Fit Shallow		Aqua Fit						Aqua Fit Shallow					09:00
09:30	Adult Lap Swim	9-9:45am Lanes 6-8	Adult Lap Swim	Deep 10-10:45am (Lanes 6-8)						9-9:45a (Lanes 6-8)					09:30
10:00	9-11am (Lanes 1-5)	Aqua Fit Shallow	9-11am (Lanes 1-5)	Water Walking	Adult Lap Swim	Aqua Boot	Adult Lap Swim	Aqua Fit		Water Walking					10:00
10:30	10-10:45am Lanes 6-8		11- 111404651:45a (Lanes 6-8)	10om 11o	Camp 10:15-11a (Lanes 6-8)	10am-11a (Lanes 1-5)	Deep 10-10:45a (Lanes 6-8)	Adult Lap Swim	10-10:45a (Lanes 6-8)		Swim			10:30	
11:00	Adult Lap Swim		Adult Lap Swim				Adult Lap Swim		9a-1pm (Lanes 1- 5)	Aqua Fit Shallow		lessons 9a-1p (Lanes 5-8)	Lap	Open	11:00
11:30	11a-12:00p (Lanes 1-5)		11a-12p (Lanes 1-5)		Adult Lap Swim		11a-12pm (Lanes 1-8)			11-11:45a (Lanes 6-8)					11:30
12:00	Arthritis Water			Aqua Boot	11a-1p (Lanes1-8)		Adult Lap Boot Swim Camp			Arthritis Water			Swim 8:30-3:30	Swim 8:30-3:30	12:00
12:30	Fitness 12-12:45p (Lanes 6-8)		Camp 12-1245p (Lanes 6-8)	12pm-1p (Lanes 1-5)			Camp 12-12:45p (Lanes 6-8)		Fitness 12-12:45p (Lanes 6-8)			(L1-4)	(L 5-8)	12:30	
	(Lanes 0-0)			(Lamber of				(Edition of o)		(Ediles 0-0)					
01:00	(Lanes 1-6) Open Swir 2p-4:45p		Lap Swim 12p-4:45p (L 1-6)	Open Swim 12:45p- 4:45p (Lanes6-8)	Swim 1p-4:45p	Open Swim 12:45p- 4:45p (Lanes6-8)	Lap Swim 1p-4:45p (Lanes1-5)	Open Swim 12:45p- 4:45p (Lanes6-8)		Aqua Dance	Lap Swim 10a-5:30p				01:00
01:30										1:15p-2p (L 1-4) (Lanes 6-8)				01:30	
02:00												Open Swim 1p-5:30p (L 5 -8)			02:00
02:30		00													02:30
03:00															03:00
03:30												(' ' ' ' ' '			03:30
04:00									Lap swim						04:00
04:30									1p-8:30p (Lanes 1-						04:30
05:00				Cusina		Curina		Curina	5)	Open Swim					05:00
05:30	RYD Swim	Swim lessons	RYD Swim	Swim	RYD Swim	Swim	RYD Swim	Swim		2p-8:30p (Lanes 6-8)					05:30
06:00	4:30-7:30p 5p-8	5p-8p (Lanes 6-8)	4.30-7.130	5p-8p (Lanes 6- 8)	Team 4:30-7:30p (Lanes 1-5)	5p-8p (Lanes 6- 8)	Team 4:30-7:15p (Lanes 1-5)	5p-8p (Lanes 6- 8)						06:00	
06:30															06:30
07:00															07:00
07:30															07:30
08:00	Lap Swim		Lap Swim 7:15p, 9:30p		Lap Swim		Lap Swim								08:00
08:30	7:30p-8:30p (Lanes 1-8)		7:15p-8:30p (Lanes 1-5)		7:30p-8:30p (Lanes 1-8)		7:15p-8:30p (Lanes 1-8)								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