



October 27th, 2023– December 3rd, 2023

North Royalton Family YMCA Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30						Closed	Closed	6:30
7:00	Adult Lap Swim 6:30a-9:00am (Lanes 1-8)	Adult Lap Swim 6:30a-9:00am (Lanes 1-8)	Adult Lap Swim 6:30a-10:00am (Lanes 1-8)	Adult Lap Swim 6:30a-10:00am (Lanes 1-8)	Adult Lap Swim 6:30a-9:00am (Lanes 1-8)	Lap Swim 7:30-8:45am (Lanes 5-8)		7:00
7:30						NR Swim Team 7:30-9 (Lanes 1-4)		7:30
8:00								8:00
8:30					Adult Lap Swim 9a-11am (Lanes 1-5)			8:30
9:00	Adult Lap Swim 9-11am (Lanes 1-5)	Aqua Fit Shallow 9-9:45am Lanes 6-8	Aqua Fit Deep 10-10:45am (Lanes 6-8)		Aqua Fit Shallow 9-9:45a (Lanes 6-8)			9:00
9:30		Aqua Fit Shallow 10-10:45am Lanes 6-8	Water Walking 11-11:40 11:40-1:45a (Lanes 6-8)	Adult Lap Swim 10am-11a (Lanes 1-5)	Water Walking 10-10:45a (Lanes 6-8)			9:30
10:00			Adult Lap Swim 10am-11a (Lanes 1-5)		Aqua Fit Deep 10-10:45a (Lanes 6-8)			10:00
10:30								10:30
11:00	Adult Lap Swim 11a-12:00p (Lanes 1-5)					Swim lessons 9a-1p (Lanes 5-8)		11:00
11:30		Adult Lap Swim 9am-3a (Lanes 1-5)	Adult Lap Swim 10am-3p (Lane 5)	Adult Lap Swim 11a-1p (Lanes 1-8)	Adult Lap Swim 10am-3p (Lane 5)		Lap Swim 8:30-3:30 (L 1-4)	11:30
12:00			Adult Lap Swim 11a-1p (Lanes 1-8)			Arthritis Water Fitness 12-12:45p (Lanes 6-8)	Open Swim 8:30-3:30 (L 5-8)	12:00
12:30	Lap Swim 12p-3p (Lanes 1-6)	Arthritis Water Fitness 12-12:45p (Lanes 6-8)		Adult Lap Swim 10am-3a (Lanes 1-5)				12:30
1:00								1:00
1:30		Aqua Dance 1:15p-2p (Lanes 6-8)	Lap Swim 1p-3p (Lanes 1-5)		Aqua Dance 1:15p-2p (Lanes 6-8)			1:30
2:00			Open Swim 12:45p-4:45p (Lanes 6-8)	Open Swim 12:45p-4:45p (Lanes 6-8)	Open Swim 12:45p-4:45p (Lanes 6-8)			2:00
2:30								2:30
3:00	NR Swim Team 3-4:45 (Lanes 1-7)	Open Swim 2p-4:45p (Lanes 6-8)	NR Swim Team 3-4:45 (Lanes 1-7)	NR Swim Team 3-4:45 (Lanes 1-7)	NR Swim Team 3-4:45 (Lanes 1-7)	Open Swim 1p-5:30p (L 5-8)		3:00
3:30		NR Swim Team 3-4:45 (Lanes 1-7)						3:30
4:00								4:00
4:30								4:30
5:00								5:00
5:30	RYD Swim Team 4:45-7:30 (Lanes 1-5)	Swim lessons 5p-8p (Lanes 5-8)	RYD Swim Team 4:45-7:30 (Lanes 1-5)	Swim lessons 5p-8p (Lanes 5-8)	RYD Swim Team 4:45-7:30 (Lanes 1-5)	Swim lessons 5p-8p (Lanes 6-8)		5:30
6:00		RYD Swim Team 4:45-7:15 (Lanes 1-5)	Swim lessons 5p-8p (Lanes 6-8)	RYD Swim Team 4:45-7:30 (Lanes 1-5)	RYD Swim Team 4:45-7:30 (Lanes 1-5)			6:00
6:30								6:30
7:00								7:00
7:30								7:30
8:00	Lap Swim 7:30p-8:30p (Lanes 1-5)	Lap Swim 7:15p-8:30p (Lanes 1-5)	Lap Swim 7:30p-8:30p (Lanes 1-5)	Lap Swim 7:30p-8:30p (Lanes 1-5)	Lap Swim 5:45-8:30p (Lanes 1-5)			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

NO OPEN SWIM DURING GROUP SWIM LESSONS.

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