

# April 1st-April 30th

# North Royalton Family YMCA Pool Schedule

\*Family Fun Days will

be on the 7th, 14th, 21st, and 28th from 12:30-3pm where there will be more space created for activities in the pool

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		_
6:30	Adult Lap Swim 6:30a-9:00am (Lanes 1-8)		Adult Lap Swim 6:30a-9:00am (Lanes 1-8)		<b>Adult Lap Swim</b> 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)		Closed  Lap Swim 7:30- 8:45am (Lanes 5- 8)		Closed		6:30
7:00															7:00
7:30															7:30
8:00															8:00
8:30															8:30
9:00		Aqua Fit Shallow		Aqua Fit Deep						Aqua Fit Shallow					9:00
9:30	Adult Lap Swim	9-9:50am Lanes 6-8		10-10:50am (Lanes 6-8)						9-9:50a (Lanes 6-8)					9:30
10:00	9-11am (Lanes 1-5) Aqu Sha 10-10	Aqua Fit Shallow		Water Walking 11-11:50a (Lanes 6-8)				Aqua Fit Deep 10-10:50a (Lanes 6-8)		Water Walking		Swim			10:00
10:30		10-10:50am Lanes 6-8								10-10:50a (Lanes 6-8)					10:30
11:00	Adult Lap Swim 11a-12:00p (Lanes 1-5)		Adult Lap Swim	Adult Lap Swim		Open Swim 11a-1p (Lanes 6-		Adult Lap Swim	Adult Lap Swim	Aqua Fit Shallow	lessons 9a-1p			11:00	
11:30										11-11:50a (Lanes 6-8)		(Lanes 5-8)	Lap		11:30
12:00			9am-4:15p (Lanes 1-5)	10am-3p (Lane 5)		8)	Adult Lap Swim 10am-4:15 (Lanes 1-5)	10am-3p (Lane 5)	9am-4:15pm (Lanes 1-5)	Arthritis Water		<b>Open Swim</b> 1p-5:30p (L 5 -8)	Swim 8:30-3:30 (L1-4)	Open Swim 8:30-3:30 (L 5-8)	12:00
12:30										Fitness 12-12:50p (Lanes 6-8)	Lap Swim				12:30
1:00	Lap Swim			Open Swim 12:45p-3p (Lanes6-8) 3p-4:45 (Lane 8)		Open Swim 12:45p-3p (Lanes6-8) 3p-4:45p (Lane 8)		Open Swim 12:45p-3p (Lanes6-8) 3p-4:45p (Lane 8)			8:45a- 5:30p				1:00
1:30	12p-4:15p (Lanes 1-6)									Aqua Dance	(L 1-4)				1:30
2:00										1:15p-2p (Lanes 6-8)					2:00
2:30															2:30
3:00															3:00
3:30															3:30
4:00															4:00
4:30															4:30
5:00															5:00
5:30		S. day		C. den		Swim		Swim		Open Swim 2p- 8:30p					5:30
	<b>RYD Swim Team</b> 4:15-7:30 (Lanes 1-5)	Swim lessons 5p-8p (Lanes 6-8)	RYD Swim Team 4:15- 7:15 (Lanes 1-5)	Swim lessons 5p-8p (Lanes 6-8)	RYD Swim Team 4:15- 7:30 (Lanes 1-5)	lessons 5p-8p (Lanes 5- 8)	RYD Swim Team 4:15- 7:15 (Lanes 1-5)	lessons 5p-8p (Lanes 6- 8)	RYD Swim Team 4:15- 7:30 (Lanes 1- 4)	(Lanes 6-8)					
															6:00
6:30															6:30
7:00															7:00
7:30	ı	.ap	L	ар	La			ар	Lap Swim						7:30
8:00	<b>Swim</b> 7:30p-8:30p		<b>Swim</b> 7:15p-8:30p		<b>Swim</b> 7:30p-8:30p		<b>Swim</b> 7:30p-8:30p		7:30- 8:30p						8:00
8:30	(Lanes 1-5)		(Lanes 1-5)		(Lanes 1-5)		(Lanes 1-5)		(Lanes 1-5						8:30

### **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 TEMP: 81-83**

### \*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 quardian 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

No electronic devices allowed