



North Royalton Family YMCA December 31-January 6th Pool Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | | | | | | | | | | |
|----------|--|--|---|---|---|--|---|--|--|--|--|--|--|--|--|--|--|--|--|
| 5:45 AM | December 31st | January 1st | Adult Open 5:45-6:45am 4 Lanes | Adult Open 5:45-6:45am 4 Lanes | Adult Open 5:45-6:45pm 4 Lane | | | | | | | | | | | | | | |
| 6:00 AM | | | Lap Swim 5:45-6:45am 4 Lanes | Lap Swim 5:45-6:45am 4 Lanes | Lap Swim 5:45-10:30am 4 Lanes | | | | | | | | | | | | | | |
| 6:30 AM | | | Open 6:45-8:45am 1 Lane | Open 6:45-8:45am 1 Lane | Open 6:45-8:45am 1 Lane | | | | | | | | | | | | | | |
| 7:00 AM | Open 7:00am-9:30am 3 Lanes | RYD 7:00am-9:30am 5 Lanes | Open 7:00am-9:30am 3 Lanes | RYD 7:00am-9:30am 5 Lanes | Open 6:45-8:45am 1 Lane | Open Swim 7:00-9:00am 3 Lanes | * The Hot Tub is cleaned on Saturdays at close. Please expect the temperature to be cooler on Sunday and Monday. | | | | | | | | | | | | |
| 7:30 AM | | | | | North Royalton HS 6:45-8:45am 7 Lanes | | | Lap Swim 5:45-10:30am 4 Lanes | Lap Swim 5:45-10:30am 4 Lanes | | | | | | | | | | |
| 8:00 AM | | | | | Open 8:45am-10:30am 4 Lanes | | | Open 8:45am-10:30am 4 Lanes | Open 8:45am-10:30am 4 Lanes | | | | | | | | | | |
| 8:30 AM | | | | | Shallow Water Walking GX 9:30-10:30 Kim | | | Open 8:45am-10:30am 4 Lanes | Open 8:45am-10:30am 4 Lanes | | | | | | | | | | |
| 9:00 AM | Open 9:30am-12:30pm 4 Lanes | Lap Swim 9:30-12:30 4 Lanes | Open 9:30am-12:30pm 4 Lanes | Lap Swim 9:30-12:30 4 Lane | Shallow GX 10:30-11:30 Jen | Swim Lessons 9:00-12:30pm 4 Lanes | Lap Swim 7:00am-4:30pm 4 Lanes | | | | | | | | | | | | |
| 9:30 AM | | | | | Deep Water GX 10:45-11:45 Evelyn | | | Lap Swim 10:30-11:30 3 lanes | Lap Swim 10:30-11:30 3 Lanes | | | | | | | | | | |
| 10:00 AM | | | | | MS Class 11:30-12:30 Jen | | | Open 11:30-2:50pm 4 Lanes | Open 11:30-2:50pm 4 Lanes | | | | | | | | | | |
| 10:30 AM | | | | | Open 12:30-1pm 4 Lanes | | | Open 11:30-2:50pm 4 Lanes | Open 11:30-2:50pm 4 Lanes | | | | | | | | | | |
| 11:00 AM | Open 12:00-3:30 PM | Open 12:00-3:30 PM | Open 12:00-3:30 PM | Open 12:00-3:30 PM | Twinges & Hinges 1:00-2:00pm | Open Swim 12:30-4:30 4 Lanes | Family Open 12:00-3:30 PM | | | | | | | | | | | | |
| 11:30 AM | | | | | Open 2:00pm-2:50pm 4 Lanes | | | Open 2:00-2:50pm 4 Lanes | | | | | | | | | | | |
| 12:00 PM | | | | | Open 2:00pm-2:50pm 4 Lanes | | | Open 2:00-2:50pm 4 Lanes | | | | | | | | | | | |
| 12:30 PM | | | | | Open 2:00pm-2:50pm 4 Lanes | | | Open 2:00-2:50pm 4 Lanes | | | | | | | | | | | |
| 1:00 PM | | | North Royalton High School 2:50-5:15pm 5 Lanes Open 3 Lanes | North Royalton High School 2:50-5:15pm 8 Lanes | North Royalton High School 2:50-5:15pm 8 Lanes | | | | | | | | | | | | | | |
| 1:30 PM | | | | | | | | | | | | | | | | | | | |
| 2:00 PM | | | | | | | | | | | | | | | | | | | |
| 2:30 PM | | | | | | | | | | | | | | | | | | | |
| 3:00 PM | | | | | | | | | | | | | | | | | | | |
| 3:30 PM | | | | | | | | | | | | | | | | | | | |
| 4:00 PM | | | | | | | | | | | | | | | | | | | |
| 4:30 PM | | | | | | | | | | | | | | | | | | | |
| 5:00 PM | | | | | | | | | | | | | | | | | | | |
| 5:30 PM | | | | | | | | | | | | | | | | | | | |
| 6:00 PM | | | | | | | | | | | | | | | | | | | |
| 6:30 PM | | | | | | | | | | | | | | | | | | | |
| 7:00 PM | | | | | | | | | | | | | | | | | | | |
| 7:30 PM | | | | | | | | | | | | | | | | | | | |
| 8:00 PM | | | | | | | | | | | | | | | | | | | |
| 8:30 PM | | | | | | | | | | | | | | | | | | | |
| 9:00 PM | | | | | | | | | | | | | | | | | | | |
| 9:30 PM | | | | | | | | | | | | | | | | | | | |

***Pool Schedule Subject to Change**

MS Class participants must register through the MS Society

Pool: Temperature is 82-83 degrees as regulated by the USA Swimming Association

Whirl Pool: 104 Degrees, 12 person capacity
Sauna: 4 Person Capacity

* Please wear proper attire, No Electronics
Must follow Test, Mark, Protect Policies

