



North Royalton Family YMCA August 19-25th 2019 Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
5:45 AM	Adult Open 5:45-8:50 4 Lanes	Adult Open 5:45-10:30am 4 Lanes	Adult Open 5:45-10:30 4 Lanes	Adult Open 5:45-10:30 4 Lanes	Adult Open 5:45-10:30am 4 Lane	Open Swim 7:00-9:00am 1 Lane	* The Hot Tub is cleaned on Saturdays at close. Please expect the temperature to be cooler on Sunday and Monday. *Swim Team Clinic 19th -22nd 4-6:30pm *Swim Team Evaluations 22nd 6:30 7pm and 24th 9-9:30am * Swim Team Start 26th					
6:00 AM												
6:30 AM												
7:00 AM												
7:30 AM												
8:00 AM												
8:30 AM	Lap Swim 5:45-4:00pm 4 Lanes	Lap Swim 5:45-10:30am 4 Lanes	Lap Swim 5:45-4:00pm 4 Lanes	Lap Swim 5:45-10:30am 4 Lanes	Lap Swim 5:45-10:30am 4 Lanes	Swim Lessons 9:00-12:30pm 4 Lanes						
9:00 AM												
9:30 AM												
10:00 AM												
10:30 AM												
11:00 AM												
11:30 AM	Open 11:30-1pm 4 Lanes	Open 11:30-12:30 Kim	MS Class 11:30-12:30 Barb	Open 11:30-11:30 Evelyn	Water Walking 10:30-11:30 Gary	Lap Swim 10:30-11:30 3 Lanes						
12:00 PM												
12:30 PM												
1:00 PM												
1:30 PM												
2:00 PM												
2:30 PM	Open 12:30-5:20pm 4 Lanes	Open 12:30-5:20pm 4 Lanes	Open 12:30-1	Open 11:30-5:20pm 4 Lanes	Open 11:30-11:30 3 Lanes	Open 12:30-4:30 4 Lanes						
3:00 PM												
3:30 PM												
4:00 PM												
4:30 PM												
5:00 PM												
5:30 PM	Private Swim Lessons 5:30-6:30	RYD Clinic 4:00 - 6:30pm 4 lanes	RYD Clinic 4:00 - 6:30pm 4 lanes	RYD Clinic 4:00 - 6:30pm 4 lanes	Swim Lessons 5:30-7:30 3 Lanes	Open 12:00-3:30 PM						
6:00 PM												
6:30 PM												
7:00 PM												
7:30 PM												
8:00 PM												
8:30 PM	Open 8:30-9:30	Open 8:30-9:30 4 Lanes	Open 8:30-9:30 4 Lanes	Open 8:30-9:30 4 Lanes	Open 8:30-9:30 4 Lanes	Open 8:30-9:30 4 Lanes						
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												



North Royalton Family YMCA August 1-18th 2019 Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45 AM	Adult Open 5:45-8:50 4 Lanes	Adult Open 5:45-10:30am 4 Lanes	Adult Open 5:45-10:30 4 Lanes	Adult Open 5:45-10:30 4 Lanes	Adult Open 5:45-10:30am 4 Lane	Open Swim 7:00-9:00am 1 Lane	* The Hot Tub is cleaned on Saturdays at close. Please expect the temperature to be cooler on Sunday and Monday. * Last day of Camp is August 9th.	
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM	Swim Lessons 8:50-10:30 4 Lanes	Swim Lessons 8:50-10:30 4 Lanes			Shallow Water Walking GX 9:30-10:30 Kim			
10:00 AM								
10:30 AM	Shallow GX 10:30-11:30 Kim	Shallow Aerobic Walking GX 10:30-11:30 Evelyn	Lap Swim 10:30-11:30 3 Lanes	Shallow Aerobic Walking GX 10:30-11:30 Evelyn	Water Walking 10:30-11:30 Gary	Lap Swim 10:30-11:30 3 Lanes	Swim Lessons 9:00-12:30pm 4 Lanes	Private lessons 10:00-12:00pm
11:00 AM	Deep Water GX 10:30-11:30	Deep Water GX	Deep Water GX 10:45-11:45 Evelyn	Deep Water GX 10:30-11:30	Deep Water GX 10:30-11:30 Kim			
11:30 AM	Open 11:30-1pm 4 Lanes	Water Walking 11:30-12:30 Kim	MS Class 11:30-12:30 Barb		MS Class 11:30-12:30 Barb	Lap Swim 11:30-1:30pm 4 Lanes		Lap Swim 10-3:30pm 4 lanes
12:00 PM		Open 12:30-1:30 4 Lanes	Twinges & Hinges 12:30-1:30pm	Lap Swim 5:45-9:30pm 4 Lanes	Twinges & Hinges 12:30-1:30pm			
12:30 PM								
1:00 PM	Twinges & Hinges 1:00-2:00	NR Camp 1:30-3pm 4 Lanes	Sports Camp 1:30-3:00pm 4 Lanes		Open 11:30-5:20pm 4 Lanes	Parma Camp 1:30-3pm 4 Lanes	Open Swim 12:30-4:30 4 Lanes	Family Open 12:00-3:30 PM
1:30 PM								
2:00 PM	Open 2:00-5:20pm 4 Lanes	Open 3-5:20pm 4 Lanes	Open 3:00-5:20pm 4 Lanes		Open 3:00-5:20pm 4 Lanes	Open 3:00-5:15pm 4 Lanes	Lap Swim 3:00-9:30pm 4 Lanes	
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	Private Swim Lessons 5:30-6:30	Swim Lessons 5:30-7:30 3 Lanes	Swim Lessons 5:30-7:30pm 3 Lanes	Swim Lessons 5:30-7:30 3 Lanes				
5:00 PM								
5:30 PM	MS Class 6:30-7:30 Jen	Shallow Water GX 7:30-8:30 Beth	Aerobics 7:30-8:30 Beth	Shallow / Deep Water GX 7:30-8:30 Beth/ Toni	Family Swim 5:15-9:30pm 4 Lanes			
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM	Open 8:30-9:30	Open 8:30-9:30 4 Lanes	Open 8:30-9:30 4 Lanes	Open 8:30-9:30 4 Lanes				
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

