



North Royalton Family YMCA February 2019 Pool Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday													
5:45 AM	Adult Open 5:45-8:50 4 Lanes	Lap Swim 5:45-10:30am 4 Lanes	Adult Open 5:45-7:15 4 Lanes 7:15-8:45 2 Lanes	Lap Swim 5:45-10:30am 4 Lanes	Adult Open 5:45-10:30 4 Lanes	Lap Swim 5:45-10:30am 4 Lanes	Adult Open 5:45-7:15 4 Lanes 7:15-8:45 2 Lanes 8:45-10:30 4 Lanes	Lap Swim 5:45-10:30am 4 Lanes	Adult Open 5:45-6:45pm 3 Lane	Lap Swim 5:45-10:30am 4 Lanes			Open Swim 7:00-9:00am 3 Lanes	RYD Swim Team 7:00-9:00am 5 Lanes	* The Hot Tub is cleaned on Saturdays at close. Please expect the temperature to be cooler on Sunday and Monday.											
6:00 AM																										
6:30 AM																										
7:00 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	Shallow Aerobic Walking GX 10:30-11:30 Kim	Shallow GX 10:30-11:30 Jen	Deep Water GX 10:30-11:30 Evelyn	Shallow Aerobic Walking GX 10:30-11:30 Evelyn	Deep Water GX 10:30-11:30 Evelyn	Water Walking 10:30-11:30 Gary	Deep Water GX 10:30-11:30 Kim	Lap Swim 10:30-11:30 3 Lanes	Swim Lessons 9:00-12:30pm 4 Lanes	Private lessons 10:00-12:00pm
7:30 AM																										
8:00 AM																										
8:30 AM	Swim Lessons 8:50-10:30 4 Lanes	Swim Lessons 8:50-10:30 4 Lanes	Water Walking 11:30-12:30 Kim	Lap Swim 11:30-12:30 3 Lanes	MS Class 11:30-12:30 Jen	Deep Water GX 10:30-11:30 Evelyn	MS Class 11:30-12:30 Jen	Deep Water GX 10:30-11:30 Evelyn	MS Class 11:30-12:30 Jen	Deep Water GX 10:30-11:30 Kim	Lap Swim 10:30-11:30 3 Lanes	Swim Lessons 9:00-12:30pm 4 Lanes	Private lessons 10:00-12:00pm													
9:00 AM																										
9:30 AM																										
10:00 AM	Shallow GX 10:30-11:30 Kim	Lap Swim 10:30-11:30 3 Lanes	Shallow Aerobic Walking GX 10:30-11:30 Evelyn	Lap Swim 10:30-11:30 3 Lanes	Deep Water GX 10:30-11:30 Evelyn	MS Class 11:30-12:30 Jen	Open 11:30-2:50pm 4 Lanes	Lap Swim 11:30-12:30 3 Lanes	Water Walking 10:30-11:30 Gary	Deep Water GX 10:30-11:30 Kim	Lap Swim 10:30-11:30 3 Lanes	Swim Lessons 9:00-12:30pm 4 Lanes	Private lessons 10:00-12:00pm													
10:30 AM																										
11:00 AM																										
11:30 AM	Open 11:30-1:00 4 Lanes	Lap Swim 11:30-1pm 4 Lanes	Open 12:30-2:50 4 Lanes	Lap Swim 11:30-2:50pm 4 Lanes	Open 12:30-1pm 4 Lanes	Twinges & Hinges 1:00-2:00pm	Open 11:30-2:50pm 4 Lanes	Lap Swim 11:30-2:50pm 4 Lanes	Twinges & Hinges 1:00-2:00pm	Open 2:00-2:50pm 4 Lanes	Lap Swim 11:30-1pm 4 Lanes	Swim Lessons 9:00am-4:30pm 4 Lanes	Lap Swim 10-3:30pm 4 lanes													
12:00 PM																										
12:30 PM																										
1:00 PM	Twinges & Hinges 1:00-2:00	Lap Swim 11:30-1pm 4 Lanes	Open 12:30-2:50 4 Lanes	Lap Swim 11:30-2:50pm 4 Lanes	Open 12:30-1pm 4 Lanes	Twinges & Hinges 1:00-2:00pm	Open 11:30-2:50pm 4 Lanes	Lap Swim 11:30-2:50pm 4 Lanes	Twinges & Hinges 1:00-2:00pm	Open 2:00-2:50pm 4 Lanes	Lap Swim 11:30-1pm 4 Lanes	Swim Lessons 9:00am-4:30pm 4 Lanes	Lap Swim 10-3:30pm 4 lanes													
1:30 PM																										
2:00 PM																										
2:30 PM	Open 2:00-2:50pm 4 Lanes	Lap Swim 11:30-1pm 4 Lanes	Open 12:30-2:50 4 Lanes	Lap Swim 11:30-2:50pm 4 Lanes	Open 12:30-1pm 4 Lanes	Twinges & Hinges 1:00-2:00pm	Open 11:30-2:50pm 4 Lanes	Lap Swim 11:30-2:50pm 4 Lanes	Open 2:00-2:50pm 4 Lanes	Lap Swim 11:30-1pm 4 Lanes	Lap Swim 11:30-1pm 4 Lanes	Swim Lessons 9:00am-4:30pm 4 Lanes	Lap Swim 10-3:30pm 4 lanes													
3:00 PM																										
3:30 PM																										
4:00 PM	North Royalton High School 2:50-5:15pm 8 Lanes	North Royalton High School 2:50-5:15pm 8 Lanes	North Royalton High School 2:50-5:15pm 8 Lanes	North Royalton High School 2:50-5:15pm 8 Lanes	North Royalton High School 2:50-5:15pm 8 Lanes	North Royalton High School 2:50-5:15pm 8 Lanes	North Royalton High School 2:50-5:15pm 8 Lanes	North Royalton High School 2:50-5:15pm 8 Lanes	North Royalton High School 2:50-5:15pm 8 Lanes	North Royalton High School 2:50-5:15pm 8 Lanes	North Royalton High School 2:50-5:15pm 8 Lanes	Open 12:30-4:30 4 Lanes	Family Open 12:00-3:30 PM													
4:30 PM																										
5:00 PM																										
5:30 PM	Private Swim Lessons 5:30-6:30	RYD Presenior 5:15-7:15pm 5 Lanes	Swim Lessons 5:30-7:30 3 Lanes	RYD Presenior 5:15-7:15pm 5 Lanes	Swim Lessons 5:30-7:30pm 3 Lanes	RYD Presenior 5:15-7:15pm 5 Lanes	Swim Lessons 5:30-7:30 3 Lanes	RYD Presenior 5:15-7:15pm 5 Lanes	Family Open 5:15-7:15pm 3 Lanes	RYD Presenior 5:15-7:15 5 Lanes	RYD Presenior 5:15-7:15 5 Lanes	*Pool Schedule Subject to Change														
6:00 PM																										
6:30 PM	MS Class 6:30-7:30 Jen	RYD Age Group/Discovery 7:15-8:45pm 6 Lanes	Shallow / Deep Water GX 7:30-8:30 Lisa/ Renee	RYD Age Group 7:15-8:45pm 5 Lanes	Aerobics 7:30-8:30 Beth	RYD Age Group/Discovery 7:15-8:45pm 6 Lanes	Shallow / Deep Water GX 7:30-8:30 Lisa/ Toni	RYD Age Group/Discovery 7:15-8:45pm 6 Lanes	Family Open 5:15-7:15pm 3 Lanes	RYD Presenior 5:15-7:15 5 Lanes	RYD Presenior 5:15-7:15 5 Lanes	MS Class participants must register through the MS Society														
7:00 PM																										
7:30 PM	Aerobics Beth 7:30-8:30	Lap Swim 8:45pm-9:30pm 4 Lanes	Open 8:30-9:30 4 Lanes	Lap Swim 8:45-9:30pm 4 Lanes	Open 8:30-9:30 4 Lanes	Lap Swim 8:45-9:30pm 4 Lanes	Open 8:30-9:30 4 Lanes	Lap Swim 8:45-9:30pm 4 Lanes	Family Open 5:15-7:15pm 3 Lanes	RYD Presenior 5:15-7:15 5 Lanes	RYD Presenior 5:15-7:15 5 Lanes	Pool: Temperature is 82-83 degrees as regulated by the USA Swimming Association														
8:00 PM																										
8:30 PM	Open 8:30-9:30	Lap Swim 8:45pm-9:30pm 4 Lanes	Open 8:30-9:30 4 Lanes	Lap Swim 8:45-9:30pm 4 Lanes	Open 8:30-9:30 4 Lanes	Lap Swim 8:45-9:30pm 4 Lanes	Open 8:30-9:30 4 Lanes	Lap Swim 8:45-9:30pm 4 Lanes	Family Open 5:15-7:15pm 3 Lanes	RYD Presenior 5:15-7:15 5 Lanes	RYD Presenior 5:15-7:15 5 Lanes	Whirl Pool: 104 Degrees, 12 person capacity Sauna: 4 Person Capacity														
9:00 PM																										
9:30 PM	Open 8:30-9:30	Lap Swim 8:45pm-9:30pm 4 Lanes	Open 8:30-9:30 4 Lanes	Lap Swim 8:45-9:30pm 4 Lanes	Open 8:30-9:30 4 Lanes	Lap Swim 8:45-9:30pm 4 Lanes	Open 8:30-9:30 4 Lanes	Lap Swim 8:45-9:30pm 4 Lanes	Family Open 5:15-7:15pm 3 Lanes	RYD Presenior 5:15-7:15 5 Lanes	RYD Presenior 5:15-7:15 5 Lanes	* Please wear proper attire, No Electronics Must follow Test, Mark, Protect Policies														
9:30 PM																										

