



# North Royalton Family YMCA May 2019 Pool Schedule

		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday											
5:45 AM		<b>Adult Open</b> 5:45-8:50 4 Lanes	<b>Lap Swim</b> 5:45-10:30am 4 Lanes	<b>Adult Open</b> 5:45-7:15 4 Lanes 7:15-8:45 2 Lanes	<b>Lap Swim</b> 5:45-10:30am 4 Lanes	<b>Adult Open</b> 5:45-10:30 4 Lanes	<b>Lap Swim</b> 5:45-10:30am 4 Lanes	<b>Adult Open</b> 5:45-7:15 4 Lanes 7:15-8:45 2 Lanes 8:45-10:30 4 Lanes	<b>Lap Swim</b> 5:45-10:30am 4 Lanes	<b>Adult Open</b> 5:45-6:45pm 3 Lane	RYD 5:30-6:45am 5 Lanes												
6:00 AM																							
6:30 AM																							
7:00 AM																						<b>Open Swim</b> 7:00-9:00am 1 Lane	RYD Swim Team 7:00-9:00am 7 Lanes
7:30 AM																							
8:00 AM																							
8:30 AM																							
9:00 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													
9:30 AM																							
10:00 AM																							
10:30 AM	Shallow GX 10:30-11:30 Kim	<b>Lap Swim</b> 10:30-11:30 3 Lanes	<b>Lap Swim</b> 10:30-11:30 3 Lanes	Shallow Aerobic Walking GX 10:30-11:30 Evelyn	<b>Lap Swim</b> 10:30-11:30 3 Lanes	Shallow GX 10:30-11:30 Barb	<b>Lap Swim</b> 10:30-11:30 3 Lanes	Shallow Aerobic Walking GX 10:30-11:30 Evelyn	<b>Lap Swim</b> 10:30-11:30 3 Lanes	Water Walking 10:30-11:30 Gary	<b>Lap Swim</b> 10:30-11:30 3 Lanes	Swim Lessons 9:00-12:30pm 4 Lanes	<b>Lap Swim</b> 9:00am-4:30pm 4 Lanes										
11:00 AM	Deep Water GX 10:30-11:30			Deep Water GX 10:30-11:30		Deep Water GX 10:45-11:45		Deep Water GX 10:30-11:30		Deep Water GX				MS Class 11:30-12:30 Barb	Deep Water GX	MS Class 11:30-12:30 Barb	Deep Water GX 10:30-11:30						
11:30 AM	<b>Open</b> 11:30-1:00 4 Lanes	<b>Lap Swim</b> 11:30-1pm 4 Lanes	<b>Lap Swim</b> 11:30-1pm 4 Lanes	Water Walking 11:30-12:30 Kim	<b>Lap Swim</b> 11:30-1pm 4 Lanes	<b>Open</b> 12:30-1pm 4 Lanes	<b>Lap Swim</b> 11:30-1pm 4 Lanes	<b>Open</b> 11:30-2:50pm 4 Lanes	<b>Lap Swim</b> 11:30-2:50pm 4 Lanes	<b>Open</b> 12:30-1pm 4 Lanes	<b>Lap Swim</b> 11:30-2:50pm 4 Lanes	<b>Open Swim</b> 12:30-4:30 4 Lanes	<b>Lap Swim</b> 9:00am-4:30pm 4 Lanes										
12:00 PM	Twinges & Hinges 1-2pm 3 Lanes			<b>Open</b> 12:30-2:50 4 Lanes		Twinges & Hinges 1:00-2:00pm 3 Lanes		Twinges & Hinges 1:00-2:00pm 3 Lanes		Twinges & Hinges 1:00-2:00pm 3 Lanes				Twinges & Hinges 1:00-2:00pm 3 Lanes									
12:30 PM	<b>Open</b> 2:00-2:50pm 4 Lanes																						
1:00 PM																							
1:30 PM																							
2:00 PM																							
2:30 PM																							
3:00 PM	RYD Senior/Senior Elite 3:00-5:15pm 7 Lanes			RYD Senior/Senior Elite 3:00-5:15pm 7 Lanes				RYD Senior/Senior Elite 3:00-5:15pm 7 Lanes															
3:30 PM																							
4:00 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	Swim Lessons 5:30-7:30 3 Lanes	RYD Presenior 5:15-7:15pm 5 Lanes													
6:00 PM																							
6:30 PM	MS Class 6:30-7:30 Jen	RYD Age Group/Discovery 7:15-8:45pm 5 Lanes	Shallow / Deep Water GX 7:30-8:30 Lisa/ Renee	RYD Age Group/Discovery 7:15-8:45pm 5 Lanes	Aerobics 7:30-8:30 Beth	RYD Age Group/Discovery 7:15-8:45pm 6 Lane	Shallow / Deep Water GX 7:30-8:30 Lisa/ Toni	RYD Age Group/Discovery 7:15-8:45pm 6 Lanes															
7:00 PM																							
7:30 PM																							
8:00 PM																							
8:30 PM																							
9:00 PM																							
9:30 PM																							

**\*Pool Schedule Su**

MS Class participants must  
Soci

**Pool:** Temperature is 82-83 c  
USA Swimming

**Whirl Pool:** 104 Degree  
**Sauna:** 4 Pers

\* Please wear proper attire, N  
**Must follow Test, Mark, P**

**Sunday**

**\* The Hot Tub is cleaned on Saturdays at close. Please expect the temperature to be cooler on Sunday and Monday. \* Pool will be closed at 4:30pm on 5/24 for an RYD Swim Meet.**

Private lessons  
10:00-12:00pm

**Lap Swim**  
10-3:30pm  
4 lanes

**Family Open**  
12:00-3:30 PM

**Subject to Change**

Must register through the MS  
County

Temperatures as regulated by the  
MS Pooling Association

Hot tubs, 12 person capacity  
Pool Capacity

No Electronics

**Protect Policies**