



LAKEWOOD FAMILY YMCA POOL SCHEDULE June 10th - August 16th

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
Open Swim 5:30-8:00am Basin/Ramp	Lap Swim 5:30-7:55am 4 Lanes	Open Swim 5:30-8:00am Basin/Ramp	Lap Swim 5:30-7:55am 4 Lanes	Open Swim 5:30-8:00am Basin/Ramp	Lap Swim 5:30-7:55am 4 Lanes	Open Swim 5:30-8:00am Basin/Ramp	Lap Swim 5:30-7:55am 4 Lanes	Open Swim 5:30-8:00am Basin/Ramp	Lap Swim 5:30-7:55am 4 Lanes	Open Swim 7:00-8:25am Ramp/ Basin	Lap Swim 7:00-8:25am 4 Lanes	Open Swim 9:00am - 4:00pm Ramp/Basin ---- Lap Swim 9:00am - 4:00pm 4 Lanes			
Aqua Jog** 8:00 - 8:45am Deep Water/ Lap Lanes		Aqua Jog** 8:00 - 8:45am Deep Water/ Lap Lanes		Aqua Jog** 8:00 - 8:45am Deep Water/ Lap Lanes		Aqua Jog** 8:00 - 8:45am Deep Water/ Lap Lanes		Aqua Jog** 8:00 - 8:45am Deep Water/ Lap Lanes			Aqua Aerobics 8:30 - 9:15am				
Aqua Aerobics** 8:45 - 9:30am Deep Water/ Lap Lanes		Aqua Aerobics** 8:45 - 9:30am Deep Water/ Lap Lanes		Aqua Aerobics** 8:45 - 9:30am Deep Water/ Lap Lanes		Aqua Aerobics** 8:45 - 9:30am Deep Water/ Lap Lanes		Aqua Aerobics** 8:45 - 9:30am Deep Water/ Lap Lanes			Swim Lessons 8:30am-12:00pm Basin/ 1 Lane				
Preschool/Camp** 9:30 - 1:00pm Ramp/Basin	Lap Swim 9:35am - 2:55pm 4 Lanes	Adult Open Swim 9:30pm - 12:00pm Ramp Basin	Lap Swim 9:35am-1:55pm 4 Lanes ---- 2:00-2:55pm <u>2 Lanes</u>	Preschool/Camp** 9:30 - 3:00pm Ramp/Basin NO OPEN SWIM	Lap Swim 9:35am - 2:55pm 4 Lanes	Adult Open Swim 9:30am - 12:00pm Ramp/Basin	Lap Swim 9:35am - 1:55pm 4 Lanes --- 2:00-2:55pm <u>2 Lanes</u>	Adult Open Swim 10:35am - 11:30am Ramp/ Basin	Silver Splash** 9:30 - 10:30am Deep Water Lanes	Family Open Swim 12:00-4:00 Ramp/ Basin	Aqua Jog 9:15-10:00am				
		Open Swim 1:00pm - 2:55pm Ramp Basin				Camp** 12:00 - 2:00pm		Open Swim 12:00pm - 2:00pm			Camp** 11:30am - 1:00pm		Lap Swim 10:35am - 2:55pm 4 Lanes	Synchronized Swimming 10:00-10:45am	
Arthritis Class** 3:00 - 4:00pm Basin/Ramp/Lanes		Arthritis Class** 3:00 - 4:00pm Basin/Ramp/Lanes	Arthritis Class** 3:00 - 4:00pm Basin/Ramp/Lanes			Arthritis Class** 3:00 - 4:00pm Basin/Ramp/Lanes	Arthritis Class** 3:00 - 4:00pm Basin/Ramp/Lanes	Open Swim 1:00 - 2:55pm Ramp/Basin	Tai Chi 2:00-2:55pm 2 Lanes		Open Swim 1:00pm - 2:55pm		Lap Swim 10:50am - 12:00pm <u>3 Lanes</u>	Lap Swim 12:00pm - 4:00pm 4 Lanes	
Open Swim 4:05 - 9:00pm Ramp Basin	Lap Swim 4:05 - 9:00pm 4 Lanes	Open Swim 4:05 - 5:00pm	ADULT Lap Swim 4:05 - 6:55pm <u>3 Lanes ONLY</u>			Open Swim 4:05 - 5:00pm	ADULT Lap Swim 4:05 - 6:55pm <u>3 Lanes ONLY</u>	Open Swim 4:05 - 5:00pm	ADULT Lap Swim 4:05 - 6:55pm <u>3 Lanes ONLY</u>	Open Swim 4:05 - 9:00pm Ramp/ Basin	Lap Swim 4:05 - 9:00pm 4 Lanes		During evening lessons Lap Swim will be ADULT ONLY.		
		Lessons** 5:00 - 7:00pm Ramp/Basin/ 1 Lane		Lessons** 5:00 - 7:00pm Ramp/Basin/ 1 Lane	Lessons** 5:00 - 7:00pm Ramp/Basin/ 1 Lane	Lessons** 5:00 - 7:00pm Ramp/Basin/ 1 Lane		Lessons** 5:00 - 7:00pm Ramp/Basin/ 1 Lane					Lessons** 5:00 - 7:00pm Ramp/Basin/ 1 Lane	*Pool Schedule Subject to Change	
		Aqua Jog** 7:00 - 7:45pm 4 Lanes		AquaAerobic 7:00-7:45pm**		AquaJog** 7:00 - 7:45pm		AquaJog** 7:00 - 7:45pm					**POOL CLOSED FOR CLASSES WHEN DENOTED WITH **		
		OpenSwim 7:50-9:00pm Ramp/Basin	LapSwim 7:50-9:00pm 4 Lanes	Open Swim 7:50-9:00pm Ramp/Basin	Lap Swim 7:50-9:00pm 4 Lanes	Open Swim 7:50-9:00pm Ramp/Basin	Lap Swim 7:50-9:00pm 4 Lanes	Open Swim 7:50-9:00pm Ramp/Basin	Lap Swim 7:50-9:00pm 4 Lanes				MUST FOLLOW TEST. MARK. PROTECT. POLICIES		
Pool: 84-86* Spa: 104*															
Private lessons can happen at any time.															