



LAKEWOOD FAMILY YMCA POOL SCHEDULE Jan. 1st - March 31st

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 7:00-8:30am 4 Lanes	Lap Swim 7:00-8:30am 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					
Preschool 9:30 - 11:30am Ramp	Lap Swim 9:35am - 2:55pm 4 Lanes	Open Swim 9:30pm - 2:55pm Ramp/Basin	Lap Swim 9:35am-1:55pm 4 Lanes ---- 2:00 2:55pm <u>2 Lap Lanes</u>	Preschool 9:30 - 11:30am Ramp	Lap Swim 9:35am - 2:55pm 4 Lanes	Open Swim 9:30am - 2:55pm Ramp/Basin	Lap Swim 9:35am - 1:55pm 4 Lanes ---- 2:00-2:55pm <u>2 Lap Lanes</u>	Open Swim 10:35am - 2:55pm Ramp/Basin	Silver Splash 9:30 - 10:30am Deep Water Lap Lanes	Swim Lessons 8:45-12:00pm Basin/ 1 Lane	Aqua Jog 9:15-10:00am	Synchronized Swimming 10:00-10:45am 4 Lanes	
Open Swim 11:30am - 2:55pm Ramp/Basin				Open Swim 11:30am - 2:55pm Ramp/Basin									Tai Chi 2:00-3:00pm <u>2 Lap Lanes</u>
Arthritis Class** 3:00 - 4:00pm Basin/Ramp/Lap Lanes		Arthritis Class** 3:00 - 4:00pm Basin/Ramp/Lap Lanes		Arthritis Class** 3:00 - 4:00pm Basin/Ramp/Lap Lanes		Arthritis Class** 3:00 - 4:00pm Basin/Ramp/Lap Lanes		Arthritis Class** 3:00 - 4:00pm Basin/Ramp/Lap Lanes					
Open Swim 4:05 - 9:00pm Ramp/Basin	Lap Swim 4:05 - 9:00pm 4 Lanes	Open Swim 4:05 - 5:00pm	Lap Swim 4:05 - 7:00pm <u>3 Lanes ONLY</u>	Open Swim 4:05 - 5:00pm	Lap Swim 4:05 - 7:00pm <u>3 Lanes ONLY</u>	Open Swim 4:05 - 5:00pm	Lap Swim 4:05 - 7:00pm <u>3 Lanes ONLY</u>	Open Swim 4:05 - 9:00pm Ramp/Basin	Lap Swim 4:05 - 9:00pm 4 Lanes	<p>*Pool Schedule Subject to Change</p> <p>**POOL CLOSED FOR CLASSES WHEN DENOTED WITH **</p> <p>MUST FOLLOW TEST. MARK. PROTECT. POLICIES</p> <p>Pool: 84-86* Spa: 104*</p> <p>Private lessons can happen at any time.</p>			
		Lessons** 5:00 - 7:00pm Ramp/Basin/ 1 Lap Lane		Lessons** 5:00 - 7:00pm Ramp/Basin/ 1 Lap Lane		Lessons** 5:00 - 7:00pm Ramp/Basin/ 1 Lap Lane							
		Aqua Jog** 7:00 - 7:45pm 4 Lanes		Aqua Aerobics ** 7:00 - 7:45pm 4 Lanes		Aqua Jog** 7:00 - 7:45pm 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						