



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monroe Family YMCA Pool Schedule

FALL 2018

Please be patient during pool change overs. Taking lane lines out and putting them in takes approx 15 minutes.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|---|-----------------------------------|---|---------------------------|---------------------------|------------------------------|-------------------------|
| 5:30 AM | Lap Swim, all 6 lanes 5:30-8:00 | | | | | Lap Swim 7:00-8:00 | |
| 6:00 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 8:00 AM | Water Fitness 8:00-11:00 | | | | | Water Walking 8:00-9:00 | |
| 9:00 AM | | | | | | | |
| 10:00 AM | | | | | | | |
| 11:00 AM | Open Swim/Ai Chi /Lap Swim 11:00-12:00 | Swim Lessons/Lap Swim 11:00-12:00 | Open Swim/Ai Chi/Lap Swim 11:00-12:00 | Open/Lap Swim 11:00-12:00 | Open/Lap Swim 11:00-12:00 | Swim Lessons Only 9:00-12:00 | |
| 12:00 PM | Lap Swim, all 6 lanes 12:00-1:30 | | | | | | |
| 1:00 PM | Water Walking 1:30pm-3:00pm | | | | | Open/Lap Swim 12:00-4:30 | Open/Lap Swim 1:00-4:30 |
| 2:00 PM | | | | | | | |
| 3:00 PM | Open/Lap Swim 3:00-5:15 | Open/Lap Swim 3:00-5:00 | Open/Lap Swim 3:00-4:45 | Open/Lap Swim 3:00-5:00 | Open/Lap Swim 3:00-5:15 | | |
| 4:00 PM | | | | | | | |
| 5:00 PM | Swim Lessons 5:30-7:00 Swim Team 7:00-7:30 Water Fitness 5:15-6:30-7:30 | Swim Lessons 5:00-7:00 | Swim Lessons 4:45-6:15 Swim Team 7:00-7:30 Water Fitness 5:15-6:30-7:30 | Swim Lessons 5:00-6:30 | Swim Team 5:15-7:00 | | |
| 6:00 PM | | | | | | | |
| 7:00 PM | Open/Lap Swim 7:30-8:30 | Open/Lap Swim 7:00-8:30 | Open/Lap Swim 7:30-8:30 | Open/Lap Swim 6:30-8:30 | Open/Lap Swim 7:00-9:30 | | |
| 8:00 PM | | | | | | | |
| 9:00 PM | Lap Swim 8:30-9:30 | Lap Swim 8:30-9:30 | Lap Swim 8:30-9:30 | Lap Swim 8:30-9:30 | | | |

This schedule is to be used as a general guide. Due to various activities and programs, the pool schedule may vary slightly week to week and may change without notice