



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monroe Family YMCA Pool Schedule

Fall 2019

A lap lane and/or open swim space may be available at any time when the pool is open,
at the discretion of the lifeguard.

Please respect all decisions made by the lifeguard and program staff.

	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 No Open/Lap Swim 11:00-12:00	Open Swim/Ai Chi/Lap Swim 11:00-12:00	Open Swim/Lap 11:00-12:00	Open/Lap Swim 11:00-12:00	ONLY Swim Lessons 9:00-12:00	
12:00 PM	Lap Swim, all 6 lanes 12:00-1:30						
1:00 PM	Water Walking/Lap Swim 1:30pm-3:00pm						
2:00 PM							
3:00 PM	Open/Lap Swim 3:00- 4:45	Open/Lap Swim 3:00- 4:45	Open/Lap Swim 3:00- 4:45	Open/Lap Swim 3:00- 5:00	Open/Lap Swim 3:00-5:00		
4:00 PM							
5:00 PM	NO OPEN OR LAP SWIM LESSONS 4:45-7:00 Swim Team 5:00- 7:30	No Open or Lap Swim Swim Lessons 5:00-7:00 Water Fitness 6:30- 7:15pm	NO OPEN OR LAP SWIM SWIM LESSONS 4:45-7:00 Swim Team 5:00- 7:30	Swim Lessons 5:00-6:30	Swim Team 5:00-7:30		
6:00 PM				Open/Lap Swim 7:15-8:30			
7:00 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	Open/Lap Swim 7:30-9:30	
8:00PM							
9:00 PM							

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