



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Monroe Family YMCA Pool Schedule

Winter 2020

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/Lap 10:50-12:00	Open Swim/Ai Chi/Lap Swim 11:00-12:00	Swim Lessons/Lap 10:50-12:00	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							Open/Lap Swim 12:00-4:30
1:00 PM								
2:00 PM	Water Walking/Lap Swim 1:30pm-3:00pm					Open/Lap Swim 12:00-4:30	Open/Lap Swim 1:00-4:30	
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 3:00-9:30			
4:00 PM								
5:00 PM	LAP SWIM/ SWIM LESSONS 4:45-6:15	No Open or Lap Swim Swim Lessons 5:00-7:00 Water Fitness 6:30- 7:15pm	LAP SWIM/ SWIM LESSONS 4:45-6:15	Swim Lessons 5:00-6:30				
6:00 PM	Open/Lap Swim 6:15-8:30		Open/Lap Swim 7:15-8:30	Open/Lap Swim 6:15-8:30		Water Fitness/Lap Swim 6:30-7:30		
7:00 PM		Lap Swim 8:30-9:30				Lap Swim 8:30-9:30	Lap Swim 8:30-9:30	Open/Lap Swim 7:30-8:30
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