



Fitton Family YMCA Lap Pool Schedule

April 16 - June 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00am		Lap Swim 5:15-8am	Lap Swim 5:15-8am	Lap Swim 5:15-8am	Lap Swim 5:15-8am	Lap Swim 5:15-8am		
5:30am								
6:00am								
6:30am								
7:00am								
7:30am							Lap Swim 7-9am	
8:00am		Water Wake Up 8-9am two lap lanes	Water Wake Up 8-9am two lap lanes	Water Wake Up 8-9am two lap lanes	Water Wake Up 8-9am two lap lanes	Water Wake Up 8-9am two lap lanes		
8:30am		open	Deep H2O 930-1030am Golden Splash 10-11am two lap lanes	open	Deep H2O 930-1030am Golden Splash 10-11am two lap lanes	School rental	Cardio Splash 9-10am two lap lanes	
9:00am		swim lessons 9:30-11am two lap lanes		swim lessons 9:30-11am two lap lanes			swim lessons 9:30-11am two lap lanes	
9:30am		Power Up 11am-noon one lap lane	Arthritis Class 11am-noon	Power Up 11am-noon one lap lane	Arthritis Class 11am-noon	Power Up 11am-noon one lap lane	Swim Lessons 10am-12:15pm two lap lanes	
10:00am								
10:30am		Lap Swim noon-1pm	Lap Swim noon-1pm	Lap Swim noon-1pm	Lap Swim noon-1pm	Lap Swim noon-1pm		
11:00am								
11:30am		Highland School	Highland School	Highland School	Highland school	School rental		
12:00pm								
12:30pm		Lap/Open Swim 1-4:45pm two lap lanes	Swim Lesson 2-315pm two lap lanes	Lap/Open 2-6pm	Lap/Open 2-430pm	Lap/Open 2-745pm	Lap/Open Swim 12:15-545pm two lap lanes	
1:00pm								Lap/Open 2-430pm
1:30pm			Deep H2O 4:30-5:30pm		Deep H2O 4:30-5:30pm			
2:00pm								open
2:30pm			Swim Lessons 6-7:30pm		Swim lesson/Jr Wahoo 6-7:30pm Extr H2O 615-715pm			Swim Lessons Open/Lap 6-7:30pm
3:00pm								
3:30pm		Open/Lap Swim 7:30-9:45pm	Cardio Splash 7:30-8:30 one lap lane	Open/Lap Swim 7:30-9:45pm	Cardio Splash 7:30-8:30 one lap lane			
4:00pm							Open/Lap Swim 8:30-9:45	Open/Lap Swim 8:30-9:45
4:30pm								
5:00pm								
5:30pm								
6:00pm								
6:30pm								
7:00pm								
7:30pm								
8:00pm								
8:30pm								
9:00pm								
9:30pm								

Times are subject to change without notice.

Lap Swim: 15 years and older unless accompanied by an adult.

Open Swim: youth 9 and younger must be accompanied by an adult in the water! No water rings please.

Shaded areas = Pool Closed

Please check for lap lane availability with lifeguard .

Anyone 16 years or younger must take swim test to be in deep end of pool.



**Fitton Family YMCA Warm Water Pool Schedule
April 16 - June 2**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am							
5:30am							
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am		Open 9-10am	Ai Chi 9-10am	Open 9-10am	Ai Chi 9-10am		open swim 9-10
9:30am							
10:00am							
10:30am							
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm	open swim 1:00-4:30pm						Open swim 1:00-4:00
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm		Open swim 4:00-6:00p		Open Swim 4:00-8pm		Open Swim 7:45pm 4-	
4:30pm			Open swim 4:30-7pm		Swim Lessons 445-615pm		
5:00pm					Open Swim 5-7pm no slides		
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm		Arthritis Class 7:30-8:00	Ai Chi 7:15-8pm		Ai Chi 7:15-8pm		
8:00pm							
8:30pm							
9:00pm							
9:30pm							

Times are subject to change without notice.
 Open Swim: youth 9 and younger must be accompanied by an adult in the water!
 Anyone 16 years or younger must take swim test to use the big slides.

