



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

A.C. LEWIS YMCA

OUTDOOR POOL September 2019

- Y-USA standards for healthy lap swimming temperatures range from 78 – 82F. When the outdoor pool temperature reaches 83F, the Lifeguards be turn on the Aerators to cool the pool and maintain proper chemical balance.
- Share the Pool! Multiple activities are often scheduled in this pool at the same time – see above schedule for details.
- Schedule is subject to change
- Inclement Weather - Under the discretion of management, both pools will be closed due to inclement weather or other hazardous conditions. When the environmental temperature is below 40F, the outdoor pool will be closed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	5:30am-8:00am Open Swim (Lane 1) Lap Swim (Lanes 2-6)	5:30am-8:00am Masters Swim (3 lanes) Lap Swim (3 Lanes) 7:00am-8:00am SJA (Lane 1-4) Lap Swim (Lanes 5-6)	5:30am-8:00am Open Swim (Lane 1) Lap Swim (Lanes 2-6)	5:30am-8:00am Masters Swim (3 Lanes) Lap Swim (3 Lanes) 7:00am-8:00am SJA (Lane 1-4) Lap Swim (Lanes 5-6)	5:30am-8:00am Open Swim (Lane 1) Lap Swim (Lanes 2-6)	7:30-9:30am Master's Swim (3 Lanes) Lap Swim (3 Lanes)		
	8:00am-2:00pm Family swim (Lanes 1) lap Swim (Lanes 2-6)	8:00am-2:00pm Family swim (Lanes 1) lap Swim (Lanes 2-6)	8:00am-2:00pm Family swim (Lanes 1) lap Swim (Lanes 2-6)	8:00am-2:00pm Family swim (Lanes 1) lap Swim (Lanes 2-6)	8:00am-2:00pm Family swim (Lanes 1) lap Swim (Lanes 2-6))	9:30am-3:30pm Family Swim (Lane 1) Lap Swim (Lanes 2-6)	1:00pm-3:30pm Family Swim (Lane 1) Lap Swim (Lanes 2-6)	
	2:00pm-5:00pm Swim team (Lanes 1-4) lap Swim (Lanes 5-6)	2:00pm-6:00pm Swim team (Lanes 1-4) lap Swim (Lanes 5-6)	2:00pm-5:00pm Swim team (Lanes 1-4) lap Swim (Lanes 5-6)	2:00pm-6:00pm Swim team (Lanes 1-4) lap Swim (Lanes 5-6)	2:00pm-4:30pm Swim team (Lanes 1-4) lap Swim (Lanes 5-6)			
	5:00pm-7:30pm Open Swim (Lane 1) Lap Swim (Lanes 2-6)	6:30-7:30pm Aqua Blast Fit Lane 1-2 Lap Swim (Lanes 3-6)	5:00pm-7:30pm Open Swim (Lane 1) Lap Swim (Lanes 2-6)	6:30-7:30pm Aqua Blast Fit Lane 1-2 Lap Swim (Lanes 2-6)	4:30pm-6:30pm Open Swim (Lane 1) Lap Swim (Lanes 2-6)			
	POOL CLOSSES 7:30pm	POOL CLOSSES 7:30pm	POOL CLOSSES 7:30pm	POOL CLOSSES 7:30pm	POOL CLOSSES 6:30pm	POOL CLOSSES 3:30pm	POOL CLOSSES 3:30pm	

**INDOOR POOL
September 2019**

ACL YMCA Hours

• Pool closes Monday thru Friday from 12:30pm – 3:00pm for cleaning and maintenance.

• Share the Pool!
Multiple activities are often scheduled in this pool at the same time – see above schedule for details.

• Schedule is subject to change

• Inclement Weather
- Under the discretion of management, both pools will be closed due to inclement weather or other hazardous conditions. When the environmental temperature is below 40F, the outdoor pool will be closed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am-9:00am Lap Swim (Lane 1) Open Swim (pool)	5:30am-8:30am Lap Swim (Lane 1) Open Swim (pool)	5:30am-9:00am Lap Swim (Lane 1) Open Swim (pool)	5:30am-8:30am Lap Swim (Lane 1) Open Swim (pool)	5:30am-9:00am Lap Swim (Lane 1) Open Swim (pool)	7:30am-3:30pm Lap Swim (Lane 1) Open Swim (pool)	1:00pm-3:30pm Lap Swim (Lane 1) Open Swim
	9:00am-10:00am Aqua Wellness (no lap swim) Open Swim (Deep End)	8:30am-9:30am Aqua YOGA (Shallow End) Open Swim (Deep End)	9:00am-10:00am Aqua Wellness (no lap swim) Open Swim (Deep End)	8:30am-9:30am Aqua YOGA (Shallow End) Open Swim (Deep End)	9:00am-10:00am Aqua Wellness (no lap swim) Open Swim (Deep End)		
	10:00am-11:00am Aqua "Core" Dio (Shallow End) Open Swim (Deep End)	9:30am-11:00am Open Swim	10:00am-11:00am Aqua "Core" Dio (Shallow End) Open Swim (Deep End)	9:30am-11:00am Open Swim	10:00am-11:00am Aqua "Core" Dio (Shallow End) Open Swim (Deep End)		
	11:00am-12:30pm Deep Water Fit with Patsy Lap Swim (Lane 1) Open Swim (Shallow End) POOL CLOSED 12:30pm-3:00pm	11:00am-12:30pm Open Swim (Lane 1) Lap Swim POOL CLOSED 12:30pm-3:00pm	11:00am-12:30pm Deep Water Fit with Patsy Lap Swim (Lane 1) Open Swim (Shallow End) POOL CLOSED 12:30pm-3:00pm	11:00am-12:30pm Open Swim (Lane 1) Lap Swim POOL CLOSED 12:30pm-3:00pm	11:00am-12:30pm Deep Water Fit with Patsy Lap Swim (Lane 1) Open Swim (Shallow End) POOL CLOSED 12:30pm-3:00pm		
	3:00pm-5:30pm Lap Swim (Lane 1) Open Swim	3:00pm-6:00pm Lap Swim (Lane 1) Open Swim	3:00pm-5:30pm Lap Swim (Lane 1) Open Swim	3:00pm-6:00pm Lap Swim (Lane 1) Open Swim	3:00pm-6:30pm Lap Swim (Lane 1) Open Swim		
	6:00pm-7:00pm Deep water Fit 6:30pm-7:30pm Lap Swim (Lane 1) Open Swim (Shallow End)	6:30-7:30pm Aqua Blast Fit (no Lap Swim) 7:30pm-7:30pm Lap Swim (Lane 1) Open Swim (Shallow End)	6:00pm-7:00pm Deep water Fit 6:30pm-7:30pm Lap Swim (Lane 1) Open Swim (Shallow End)	6:30-7:30pm Aqua Blast Fit (no Lap Swim) 7:30pm-7:30pm Lap Swim (Lane 1) Open Swim (Shallow End)			
	POOL CLOSSES AT 7:30pm	POOL CLOSSES AT 7:30pm	POOL CLOSSES AT 7:30pm	POOL CLOSSES AT 7:30pm	POOL CLOSSES AT 6:30pm	POOL CLOSSES AT 3:30pm	POOL CLOSSES AT 3:30pm

A. C. Lewis YMCA

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