



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

A.C. LEWIS YMCA

OUTDOOR POOL January 2020

- 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)	5:30am-8:00am Masters Swim (3 lanes) Lap Swim (3 Lanes)	5:30am-8:00am Masters Swim (3 Lanes) Lap Swim (3 Lanes)	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-7:30pm Family swim (Lanes 1) lap Swim (Lanes 2-6)	8:00am-7:30pm Family swim (Lanes 1) lap Swim (Lanes 2-6)	8:00am-7:30pm Family swim (Lanes 1) lap Swim (Lanes 2-6)	8:00am-7:30pm Family swim (Lanes 1) lap Swim (Lanes 2-6)	8:00am-3:00pm 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)
					3:00pm - 4:00Pm pool closes for Cleaning		
					4:00pm-6:30pm Family swim (Lanes 1) lap Swim (Lanes 2-6)		
	POOL CLOSES 7:30pm	POOL CLOSES 7:30pm	POOL CLOSES 7:30pm	POOL CLOSES 7:30pm	POOL CLOSES 6:30pm	POOL CLOSES 3:30pm	POOL CLOSES 3:30pm

**INDOOR POOL
January 2020**

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.

**** INDOOR POOL
WILL HAVE 1-2
LANE LINES
AVAILABLE WHEN
OUTDOOR POOL IS
CLOSED.**

Tuesday Wednesday Thursday Friday Saturday Sunday

5:30am-9:30am Lap Swim (Lane 1) Open Swim (pool)	5:30am-9:00am Lap Swim (Lane 1) Open Swim (pool)	5:30am-9:30am 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
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**9:00am-10:00am
Aqua Wellness**
Open Swim (Deep End)

**9:00am-10:00am
Aqua Wellness**

Open Swim (Deep End)

9:30am-10:30am
Water Walkers (Shallow End)
Open Swim (Deep End)

10:00am-11:00am
Aqua "Core" Dio (Shallow End)
Open Swim (Deep End)

9:30am-10:30am
Water Walkers (Shallow End)
Open Swim (Deep End)

10:00am-11:00am
Aqua "Core" Dio (Shallow End)
Open Swim (Deep End)

10:30am - 12:30pm
Open Swim (Lane 1)
Lap Swim

11:00am-12:30pm
Deep Water Fit with Patsy

10:30am - 12:30pm
Open Swim (Lane 1)
Lap Swim

11:00am-12:30pm
Deep Water Fit with Patsy

**POOL CLOSED
12:30pm-3:00pm**

Lap Swim (Lane 1)
Open Swim (Shallow End)
**POOL CLOSED
12:30pm-3:00pm**

**POOL CLOSED
12:30pm-3:00pm**

Lap Swim (Lane 1)
Open Swim (Shallow End)
**POOL CLOSED
12:30pm-3:00pm**

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

6:30-7:30pm
Aqua Blast Fit (no Lap Swim)

**6:00pm
7:00pm**
Deep water Fit

6:30-7:30pm
Aqua Blast Fit (no Lap Swim)

**6:30pm
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

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