



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

EXXONMOBIL YMCA

May Schedule 2016	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule Begins Monday, May 2nd and is subject to change	9:00am-1:00pm Lap & open swim	9:00am-1:00pm Lap & open swim	9:00am-1:00pm Lap & open swim	9:00am-1:00pm Lap & open swim	9:00am-1:00pm Lap & Open Swim	8:00am-12:00pm Lap & Open Swim	
Y Swim teams begins in May for summer		9:30am-10:30am Water Fitness		9:30am-10:30am Water Fitness			
Multiple activities are often scheduled in this pool at the same time.		9-10am EWP therapy		9-10am EWP therapy			
Swim Lessons Please visit our Service Desk for Swim lesson availability.	9:30-10:00; 10:15-10:45 Preschool/ youth Swim lessons	9:30-10:00; 10:15-10:45 Preschool/ youth Swim lessons	9:30-10:00; 10:15-10:45 Preschool/ youth Swim lessons	9:30-10:00; 10:15-10:45 Preschool/ youth Swim lessons			
Lap Swimming Tips Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool.	11:00-11:30 Adult swim lessons	11:00-11:30 Adult swim lessons	11:00-11:30 Adult swim lessons	11:00-11:30 Adult swim lessons			
	12:30-5:00 Swim lessons	12:30-5:00 Swim lessons	12:30-5:00 Swim lessons	12:30-5:00 Swim lessons			
	4:00-7:00pm lap Swim (Lane 3)	4:00-7:00pm Lap Swim (Lane 3)	4:00-7:00pm Lap Swim (Lane 3)	4:00-7:00pm Lap Swim (Lane 3)			
	5:00-6:00pm Water Fit (Lanes 5-6)		5:00-6:00pm Water Fit (Lanes 5-6)				
Speed Please try to choose a lane with swimmers that most nearly match your speed.	5:30-7:00pm Swim team (Lanes 1-2)	5:30-7:00pm Swim team (Lanes 1-2)	5:30-7:00pm Swim team (Lanes 1-2)	5:30-7:00pm Swim team (Lanes 1-2)			
		6:00-7:00pm EWP therapy (lane 6)		6:00-7:00pm EWP therapy (lane 6)			

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