



Lap Pool Schedule

SOUTHEAST FAMILY YMCA

Effective May 25th-August 2nd

- This schedule is subject to change based on program needs.
- Multiple activities are often scheduled in this pool at the same time. Please be courteous and respect the space allotted for each activity.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|--|------------------------------|
| 5:30a-8a Open & Lap Swim | 5:30a-8a Open & Lap Swim | 5:30a-8a Open & Lap Swim | 5:30a-8a Open & Lap Swim | 5:30a-8a Open & Lap Swim | | |
| 8a-12p Open & Lap Swim Water Fitness 8a-9a (3 Lanes) Swim Lessons 9a-12:30p (1 Lane) | 8a-12p Open & Lap Swim Water Fitness 9a-10a (3 Lanes) Swim Lessons 9a-12:30p (1 Lane) | 8a-12p Open & Lap Swim Water Fitness 8a-9a (3 Lanes) Swim Lessons 9a-12:30p (1 Lane) | 8a-12p Open & Lap Swim Water Fitness 9a-10a (3 Lanes) Swim Lessons 9a-12:30p (1 Lane) | 8a-12p Open & Lap Swim Water Fitness 8a-9a (3 Lanes) Swim Lesson Makeups if needed | 7:30a-12p Open & Lap Swim Swim Lessons 10a-11:30a (1 Lane) | |
| 12p-4p Open & Lap Swim Summer Camp Swim-1p-4p (2 lanes) | 12p-4p Open & Lap Swim Summer Camp Swim-1p-4p (2 lanes) | 12p-4p Open & Lap Swim Summer Camp Swim-1p-4p (2 lanes) | 12p-4p Open & Lap Swim Summer Camp Swim-1p-4p (2 lanes) | 12p-4p Open & Lap Swim Group Swim 1p-3p (1 lane) | 12p-5:30p Open & Lap Swim | 12p-4:30p Open & Lap Swim |
| 4p-8p Open & Lap Swim Swim Lessons 4p-6:15p (1 Lane) | 4p-8p Open & Lap Swim Swim Lessons 4p-6:15p (1 Lane) | 4p-8p Open & Lap Swim Swim Lessons 4p-6:15p (1 Lane) | 4p-8p Open & Lap Swim Swim Lessons 4p-6:15p (1 Lane) | 4p-8p Open & Lap Swim Swim Lesson Makeups if needed | | |



Warm/Splash Pool Schedule

SOUTHEAST FAMILY YMCA

Effective May 25th-August 2nd

- This schedule is subject to change based on program needs.
- The Splash Pool's features can be turned on by request outside of class times just ask a lifeguard.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|--|------------------------|
| 5:30a-8a Open Swim | 5:30a-8a Open Swim | 5:30a-8a Open Swim | 5:30a-8a Open Swim | 5:30a-8a Open Swim | | |
| 8a-12p Warm/Splash Closed 9a-1115a Water Fitness 8a-9a Swim Lessons 9a-1115a | 8a-12p Warm/Splash Closed 9a-1115a Water Fitness 8a-9a Swim Lessons 9a-1115a | 8a-12p Warm/Splash Closed 9a-1115a Water Fitness 8a-9a Swim Lessons 9a-1115a | 8a-12p Warm/Splash Closed 9a-1115a Water Fitness 8a-9a Swim Lessons 9a-1115a | 8a-12p Deep End Closed 8a-9a Water Fitness 8a-9a Swim Lesson Makeups if needed | 7:30a-11:15a Warm/Splash Closed Swim Lessons 8a-11:15a | |
| 12p-4p Open Swim Deep End Closed 12-1p Water Fitness 12p-1p Summer Camp Swim 1p-4p | 12p-4p Open Swim Summer Camp Swim 1p-4p | 12p-4p Open Swim Deep End Closed 12-1p Water Fitness 12p-1p Summer Camp Swim 1p-4p | 12p-4p Open Swim Summer Camp Swim 1p-4p | 12p-8p Open Swim Deep End Closed 12-1p Water Fitness 12p-1p Group Swim 1p-3p | 11:15a-5:30p Open Swim | 12p-4:30p Open Swim |
| 4p-615p Warm/Splash Closed Swim Lessons 4p-615p | 4p-615p Warm/Splash Closed Swim Lessons 4p-615p | 4p-615p Warm/Splash Closed Swim Lessons 4p-615p | 4p-615p Warm/Splash Closed Swim Lessons 4p-615p | 4p-8p Open Swim Swim Lesson Makeups if needed | | |
| 615p-8p Open Swim | 615p-8p Open Swim | 615p-8p Open Swim | 615p-8p Open Swim | | | |