

Lap Pool Schedule

SOUTHEAST FAMILY YMCA

Fall/Winter 23-24

Effective 8/5/23

- 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.
- If there are one to two swimmers in a lane, they may elect to split the lane in half. The entrance of a third swimmer immediately changes the lane to circle swim to avoid collisions.
- One lane will be available at all times for lap swim.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a-8a Lap Swim	5:30a-8a Lap Swim	5:30a-8a Lap Swim	5:30a-8a Lap Swim	5:30a-8a Lap Swim		
8a-1p Open & Lap Swim Water Fitness (3 lanes) 8a-9a CLOSED 1p-430p	8a-1p Open & Lap Swim Water Fitness (1 Lane) 8a-9a CLOSED 1p-430p	8a-1p Open & Lap Swim Water Fitness (3 lanes) 8a-9a CLOSED 1p-430p	8a-1p Open & Lap Swim Water Fitness (1 Lane) 8a-9a CLOSED 1p-430p	8a-1p Open & Lap Swim Water Fitness (3 lanes) 8a-9a CLOSED 1p-430p	7:30a-1p Open & Lap Swim Swim Lessons 9:30a-11:30a (1 lane)	
4:30p-8p Open & Lap Swim Swim Team 6:30-7:30 (3 lanes)	4:30p-8p Open & Lap Swim Swim Lessons 4:45p-6:30p (1 Lane)	4:30p-8p Open & Lap Swim Swim Team 6:30-7:30 (3 Lanes)	4:30p-8p Open & Lap Swim Swim Lessons 4:45p-6:30p (1 Lane)	4:30p-8p Open & Lap Swim Swim Team/ Swim Lesson makeups if needed	1p-5p Open & Lap Swim	12p-4p Open & Lap Swim



Warm Pool Schedule

SOUTHEAST FAMILY YMCA

Fall/Winter 23-24

Effective 8/5/23

- 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.
- During swim lessons and water aerobics, the deep end of the warm pool is closed and fountains cannot be turned on.

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-1p Open Swim OPEN SWIM 9a-12p Water Fitness 12p-1p DEEP END CLOSED CLOSED 1p-430p	8a-1p Open Swim Water Fitness 8a-9a OPEN SWIM 9a-1p CLOSED 1p-430p	8a-1p Open Swim OPEN SWIM 9a-12p Water Fitness 12p-1p DEEP END CLOSED CLOSED 1p-430p	8a-1p Open Swim Water Fitness 8a-9a OPEN SWIM 9a-1p CLOSED 1p-430p	8a-1p Open Swim OPEN SWIM 9a-12p Water Fitness 12p-1p DEEP END CLOSED CLOSED 1p-430p	7:30a-1p Swim Lessons WARM & SPLASH CLOSED 8a-11:30a	
4:30p-8p Open Swim	4:30p-8p Swim Lessons WARM & SPLASH CLOSED 4:30p-6:30p Open Swim 6:30p-8p	4:30p-8p Open Swim	4:30p-8p Swim Lessons WARM & SPLASH CLOSED 4:30p-6:30p Open Swim 6:30p-8p	4:30p-8p Open Swim Swim Lesson makeups if needed	1p-5p Open Swim	12p-4p Open Swim

Revised 2/23/2023

SOUTHEAST FAMILY YMCA

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