



Lap Pool Schedule

SOUTHEAST FAMILY YMCA

October 3 – October 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	8a-1p Open & Lap Swim Water Fitness (3 lanes) 8a-9a	8a-1p Open & Lap Swim Water Fitness (3 lanes) 8a-9a	8a-1p Open & Lap Swim Water Fitness (3 lanes) 8a-9a	8a-1p Open & Lap Swim Water Fitness (3 lanes) 8a-9a	7:30a-12p Open & Lap Swim Swim Lessons 8:30a-10:30a (1 lane)	
1p-4:30p CLOSED	1p-4:30p CLOSED	1p-4:30p CLOSED	1p-4:30p CLOSED	1p-4:30p CLOSED	12p-5p Open & Lap Swim	12p-4p Open & Lap Swim
4:30p-8p Swim Team 6:15-7:15 (3-4 lanes) Open & Lap Swim	4:30p-8p Open & Lap Swim	4:30p-8p Swim Team 6:15-7:15 (3-4 lanes) Open & Lap Swim	4:30p-8p Open & Lap Swim	4:30p-8p Open & Lap Swim Swim Team/ Swim Lesson makeups if needed		



Warm Pool Schedule

SOUTHEAST FAMILY YMCA

October 2 – October 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.
- During adult swim, the deep end of warm pool is for ages 18 and older ONLY.

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 DEEP END CLOSED 8a-9a Water Fitness 8a-9a Adult Swim (18+) 12p-1p	8a-1p DEEP END CLOSED 8a-9a Water Fitness 8a-9a	8a-1p DEEP END CLOSED 8a-9a Water Fitness 8a-9a Adult Swim (18+) 12p-1p	8a-1p DEEP END CLOSED 8a-9a Water Fitness 8a-9a	8a-1p DEEP END CLOSED 8a-9a Water Fitness 8a-9a Adult Swim (18+) 12p-1p	7:30a-1p WARM & SPLASH CLOSED 8a-10:30a Swim Lessons 8a-10:30a Open Swim	
1p-4:30p CLOSED	1p-4:30p CLOSED	1p-4:30p CLOSED	1p-4:30p CLOSED	1p-4:30p CLOSED	1p-5p Open Swim	12p-4p Open Swim
4:30p-8p Open Swim	4:30p-8p WARM&SPLASH CLOSED 4:30p-6:15p Swim Lessons 4:30p-6:15p Open Swim 6:15p-8p	4:30p-8p Open Swim	4:30p-8p WARM&SPLASH CLOSED 4:30p-6:15p Swim Lessons 4:30p-6:15p Open Swim 6:15p-8p	4:30p-8p Open Swim Swim Lesson makeups if needed		

Revised 10/3/22