



Lap Pool Schedule

SOUTHEAST FAMILY YMCA

Winter 2022-2023

- 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-9a Lap Swim	5:30a-8a Lap Swim	5:30a-9a Lap Swim	5:30a-8a Lap Swim		
8a-1p Open & Lap Swim Water Fitness (3 lanes) 8a-9a CLOSED 1p-430p	9a-430p CLOSED	8a-1p Open & Lap Swim Water Fitness (3 lanes) 8a-9a CLOSED 1p-430p	9a-430p CLOSED	8a-1p Open & Lap Swim Water Fitness (3 lanes) 8a-9a CLOSED 1p-430p	7:30a-1p Open & Lap Swim Swim Lessons 8:30a-12p (1 lane)	
4:30p-8p Open & Lap Swim Swim Team 6:15-7:15 (3 lanes)	4:30p-8p Open & Lap Swim Swim Lessons 4:45p-6:30p (1 Lane)	4:30p-8p Open & Lap Swim Swim Team 6:15-7:15 (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

Winter 2022-2023

- 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-9a Warm/Splash Closed Water Fitness 8a-9a	8a-9a Warm/Splash Closed Water Fitness 8a-9a	8a-9a Warm/Splash Closed Water Fitness 8a-9a	8a-9a Warm/Splash Closed Water Fitness 8a-9a	8a-9a Warm/Splash Closed Water Fitness 8a-9a	7:30a-1p Swim Lessons DEEP END CLOSED 8a-10:30a Open Swim	
9a-1p Open Swim DEEP END CLOSED 12-1p Adult Swim (18+) Water Fitness 12p-1p CLOSED 1p-430p	9a-4:30p CLOSED	9a-1p Open Swim Deep End Closed 12-1p Adult Swim (18+) Water Fitness 12p-1p CLOSED 1p-430p	9a-430p CLOSED	9a-1p Open Swim Deep End Closed 12-1p Adult Swim (18+) Water Fitness 12p-1p CLOSED 1p-430p	12p-5p Open Swim	12p-4p Open Swim
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		

Revised 1/13/22