

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Open Swim 5:15-9:00	Open Swim 5:15-10:00	Open Swim 5:15-10:00	Open Swim 5:15-10:00	Open Swim 5:15-10:00	Open Swim 6:15-8:00	
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am							
9:30am	Arthritis Exercise 10-11 <b>Adult Exercise</b>	Seniors in Motion 10-11 <b>Adult Exercise</b>	Arthritis Exercise 10-11 <b>Adult Exercise</b>	Seniors in Motion 10-11 <b>Adult Exercise</b>	Arthritis Exercise 10-11 <b>Adult Exercise</b>	Swim Lessons 9-12 <b>Adult Exercise</b>	
10:00am							
10:30am	Open Swim 11:00-4:00	ISD 742 11:00- 12:30 Open Swim	Open Swim 11:00-4:00	Open Swim 11:00-4:00	ISD 742 11:00- 12:30 Open Swim	Open Swim 10:15-7:30	
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm	Swim Lessons 4:00-7:00 <b>Adult Exercise</b> YMCA Programs	Swim Lessons 4:00-7:00 <b>Adult Exercise</b> YMCA Programs	Swim Lessons 4:00-6:00 <b>Adult Exercise</b> YMCA Programs	Swim Lessons 4:00-7:00 <b>Adult Exercise</b> YMCA Programs	Open Swim 2:00-9:30	Open Swim 12:00-8:30	
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm	Joints in Motion 6:30-7:30 <b>Adult Exercise</b>	Open Swim 7:00-9:30	<b>Family Swim</b> 6:00-8:30	Joints in Motion 6:30-7:30 <b>Adult Exercise</b>			
6:30pm							
7:00pm	Open Swim 7:30-9:30	Open Swim 7:00-9:30	Open Swim 8:30-9:30	Open Swim 7:30-9:30			Closed
7:30pm							
8:00pm							
8:30pm							
8:30pm	Closed	Closed	Closed	Closed	Closed	Closed	
9:00pm							
9:30pm	Closed	Closed	Closed	Closed	Closed		
<b>Slide Hours:</b> <b>Monday-Thursday 7:30-Close</b> <b>Friday 4:00-close</b> <b>Saturday/Sunday 12:00-Close</b>							

\***Family Swim:** Recreation time for families to enjoy the pool. Parents must be present with child(ren).

\***Open Swim:** May be used for any member or guest. Please be respectful and caring of others who wish to share the space.

\*\*\***Adult Exercise:** Can only occur in the *current channel* during these designated times due to swim lessons and water fitness classes.