



# Large Pool Schedule

Winter 1 | January 2nd – February 19th

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Lap Swim & Swim Team 8:30am–2:15pm	Lap Swim 5:30–9:20am	Lap Swim 5:30–9:20am	Lap Swim 5:30–9:20am	Lap Swim 5:30–9:20am	Lap Swim 5:30–9:20am	Lap Swim/Open Swim 8–8:45am
	Deep Aqua Blast 9:30–10:15am	Deep Aqua Blast 9:30–10:15am	Deep Aqua Blast 9:30–10:15am	Deep Aqua Blast 9:30–10:15am	Deep Aqua Blast 9:30–10:15am	Swim Lessons 9–11:45am
	Lap Swim 10:20am–2pm, 2:15–3:45	Lap Swim 10:20am–2pm, 2:15–3:45	Lap Swim 10:20am–2pm, 2:15–3:45	Lap Swim 10:20am–2pm, 2:15–3:45	Lap Swim 10:20am–2pm, 2:15–3:45	Lap Swim & Open Swim 11:55–2:15pm
	Swim Team & Swim Lessons 4–6:45pm	Lap Swim & Swim Team 4–6pm	Lap Swim & Swim Team 4–6:45pm	Swim Team & Swim Lessons 4–6:45pm	Lap Swim & Swim Team 4–6pm	
	Lap Swim & Swim Team 7–7:45pm	Lap Swim & Open Swim 6–7:45	Swim Team & Swim Lessons 7–7:45pm	Lap Swim & Swim Team 7–7:45pm	Lap Swim & Open Swim 6–7:45	

**Thunderstorm Policy: We are required to close the pool for 30 minutes from the last thunder or lightning in the area**



# Large Pool Schedule

Fall 1 | September 12th - October 30th

## Large Pool Use:

Reservations are not required for lap swim or open swim. The Aquatics department will still continue to use MotionVibe to display available time blocks in both pools. If you would like to be notified of any schedule changes electronically, you can reserve a time block for notification purposes. This is the best place to see any schedule changes to the pool.

## Deep Aqua Blast:

In this no-impact class we will do drills, interval training, and focused pushes throughout class. Expect to raise your heart rate and have fun while doing it. No swimming skills required. Participants can wear a flotation belt for support. All fitness levels are welcome.

Registration is required for deep aqua blast through our online reservation system, MotionVibe. Registration opens 48 hours prior to class, at 8am. New participants should arrive 5 minutes prior to their first class so instructors can help get them appropriate equipment.

## Lap Swim:

Lap swim is a continuous activity moving back and forth from both ends of the pool. Lane sharing is expected. Two people would split, three or more will circle swim. If you need to share a lane, make sure you talk to the other swimmer so that they know you are there.

## Open Swim:

Open swim is an opportunity for all members of the YMCA to enjoy pool time in the large pool. Families can use this time as an opportunity to swim together in the large pool or members can use this time to free swim without the need to do laps. Any swimmer 10 and under will be required to be accompanied by an adult on the deck at all times and will be asked to pass a swim test in order to swim in the deep end of the large pool. Swimmers who need a flotation device are required to have a parent/guardian in the water and within arms reach at all times.

Scan QR code  
to register or  
log in to  
MotionVibe

