



# SOUTHEAST YMCA MAIN POOL SCHEDULE Fall 2016 – Effective August 15

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00 AM									
5:30 AM									
6:00 AM									
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM	Aquafit Deep Water 9-9:55 am (3 Lanes)	Aquafit Deep Water 8:50-9:45 am (2 Lanes)	Aquafit Deep Water 9-9:55 am (3 Lanes)	Aquafit Deep Water 8:50-9:45 am (2 Lanes)	Aquafit Deep Water 9-9:55 am (3 Lanes)				
9:30 AM									
10:00 AM		Deep Water Run 10 - 10:30 am (3 Lanes)		Deep Water Run 10 - 10:30 am (3 Lanes)					
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM	Aquafit Deep Water 12-12:55 pm (2 Lanes)		Aquafit Deep Water 12-12:55 pm (2 Lanes)		Aquafit Deep Water 12-12:55 pm (2 Lanes)				
12:30 PM									
1:00 PM	Senior Swim Lessons		Senior Swim Lessons		Senior Swim Lessons		Tiger Sharks Swim Team 12:00-5:00 pm (2Lanes)		
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM			Tiger Sharks Swim Team 3:30-7:30 pm (2 Lanes)						
5:30 PM									
6:00 PM	Endurance 6:00-7:00 pm (2 Lanes)	Tiger Sharks Swim Team 5:30-8:00 pm (2 Lanes)							
6:30 PM									
7:00 PM									
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM	MAIN POOL CLOSING AT 9:30								

Pools and Hot Tubs will be closed at 7:00 pm on the second Sunday of every month for Life Guard in-service.

LEGEND
Open
Lap Lanes Closed
Closed



# SOUTHEAST YMCA MULTIPURPOSE POOL SCHEDULE Fall 2016 – Effective August 15

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	Shallow/Deep 6:15-7 am (TW)		Shallow/Deep 6:15-7am (TW)					
6:30 AM								
7:00 AM	Adult Only Open Swim (TW)	Adult Only Open Swim (TW)	Adult Only Open Swim (TW)	Adult Only Open Swim (TW)	Adult Only Open Swim (TW)			
7:30 AM								
8:00 AM		AAP Basic 8-8:45 am (TW)		AAP Basic 8-8:45 am (TW)				
8:30 AM								
9:00 AM	Aquafit 9-9:55 am (TW)	Aquafit 9-9:55 am (TW)	Aquafit 9-9:55 am (TW)	Aquafit 9-9:55 am (TW)	Aquafit 9-9:55 am (TW)	Swim Lessons 9-12 pm (TW, LL CLOSED)		
9:30 AM								
10:00 AM	AAP Deep 10-10:45 am (LL)	Parent/Child Swim Lessons (TW)	AAP Depp 10-10:45 am (LL)	Parent/Child Swim Lessons (TW)	AAP Deep 9:55-10:40 am (LL)			
10:30 AM								
11:00 AM	Preschool Swim 11-12:00 pm (SA)	AAP Basic 10:45-11:30 am (TW)	Preschool Swim 11-12:00 pm (SA)	AAP Basic 10:45-11:30 am (TW)	Cardiac Rehab 10:45-11:30 am (LL)		Adult Only Open Swim 11-1 pm (Part of TW)	
11:30 AM								Preschool Swim 11-12:00 pm (SA)
12:00 PM	AAP Basic 12:05- 12:50 pm (TW)	AAP Plus 12-12:45 pm (TW)	AAP Basic 12:05 - 12:50 pm (TW)	AAP Plus 12-12:45 pm (TW)	AAP Basic 12:05- 12:50 pm (TW)			Adult Only Open Swim 12-1:30 pm (Part of TW)
12:30 PM								
1:00 PM	Preschool Swim 1-1:30 pm (SA)		Preschool Swim 1-1:30 pm (SA)					
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM		Swim Lessons 4:30-6:45 pm (TW, LL CLOSED)		Swim Lessons 4:30-6:45 pm (TW, LL CLOSED)				
5:30 PM								
6:00 PM	AquaFit Shallow 6-6:55 pm (TW)		AquaFit Shallow 6-6:55 pm (TW)		AquaFit Shallow 6-6:55 pm (TW)			
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM	MULTIPURPOSE POOL CLOSES AT 9 PM							

Pools and Hot Tubs will be closed at 7:00 pm on the second Sunday of every month for Life Guard training.

(TW) = Teaching Well, (LL) = Lap Lanes, (SA) = Splash Area

LEGEND
Open
Lap Lanes Closed
Teaching Well Closed
Closed