



NORTHWEST YMCA POOL SCHEDULE Fall 2016 – Effective August 15

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM		AquaFit Light & Easy Shallow 9-9:45 am (TW)		AquaFit Light & Easy Shallow 9-9:45 am (TW)		Swim Lessons 9-12 pm (TW Closed, LL limited to 1)		
9:30 AM								
10:00 AM		YCCF Swim Lessons 10-11 am (TW)		YCCF Swim Lessons 10-11 am				
10:30 AM								
11:00 AM								
11:30 AM	30 Minute Water Running 11:45-12:15 pm (LL)		Aqua Strength & Conditioning 11:45-12:15 pm (LL)		30 Minute Water Running 11:45-12:15 pm (LL)			
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM		Deep Water 4-4:45 pm (LL)		Deep Water 4-4:45 pm (LL)				
4:30 PM								
5:00 PM	Swim Lessons 5-7 pm (TW Closed, LL limited to 1)		Swim Lessons 5-7 pm (TW Closed, LL limited to 1)		Tiger Sharks Swim Team Practice 4:30-7 pm (2 LL)			
5:30 PM		Shallow Water 5:45-6:30 pm (TW)		Tiger Sharks Swim Team Practice 5-8 pm (2 LL)			Tiger Sharks Swim Team Practice 5-7 pm (3 LL)	
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM	Multipurpose Pool Closes at 8:30 PM							

(TW) = Teaching Well, (LL) = Lap Lanes

The pool will be closed at 7:00 pm on the second Sunday of every month for Life Guard in-service. Due to unforeseen circumstances, the pool may close without warning. Please contact the Welcome Center for the most up-to-date information at (812) 331-5556.

All children under the age of 7 must be within arms reach of an adult at all times. Children aged 7-11 can be in the pool without an adult if they have passed the swim test.

LEGEND
Open
Some Areas Closed for Class
Closed