

Downtown Family YMCA
Pool Schedule
August 21 - September 6
Large Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YMCA CLOSED	5-9:00 Lap 9:00-11 Lap/Rec 11-2 Adult Lap 2-5:00 Lap/Rec 5-7:00 Lap 7-8:45 Lap/Rec	5-9:00 Lap 9:00-11 Lap/Rec 11-4 Adult Lap/RVPT* 4-5:00 Lap/Rec 5-7:00 Lap 7-8:45 Lap/Rec	5-9:00 Lap 9:00-11 Lap/Rec 11-2:00Adult Lap 2-5:00 Lap/Rec 5-6:30 Lap 6:30-8:45 Lap/Rec	5-9:00 Lap 9:00-11 Lap/Rec 11-4 Adult Lap/RVPT* 2-5:00 Lap/Rec 5-7:00 Lap 7-8:45 Lap/Rec	5-9:00 Lap 9:00-11 Adult Deep 11-2:00 Adult Lap 2-5:00 Lap/Rec 5:00-6:45 Lap	6-8:00 Lap 8-9:00 CLOSED* 9-1:45 Lap/Rec

Therapeutic Pool Schedule

**THE THERAPEUTIC POOL IS CLOSED FOR REPAIRS FROM:
FRIDAY, AUGUST 20 @ 2PM
AND WILL REOPEN:**

TUESDAY, SEPTEMBER 7 @ 8AM FOR A WATER FITNESS CLASS.

** 2 lanes will be available for Adult Lap Swim while 1 lane will be reserved for Rock Valley Physical Therapy patients*

Pool schedules are subject to change according to class registration. Part of the pools may occasionally be used for staff training.

(ADULT) LAP SWIM - for ages 7 and up. Circle swim only. Lap swimmers under 18 must pass a swim test in order to swim laps. Adult Lap is for lap swimmers aged 18 and up only.

ADULT SHALLOW/DEEP/OPEN - ADULT SHALLOW/DEEP: (Large Pool) Sections indicated are open while a program is held in the other end.

ADULT OPEN: (Therapeutic Pool) Entire pool is open for adults ages 18 and up.

LESSONS/LAP: (Large Pool) Part of the pool is closed for pre-registered/paid swim lessons. 2 Lap lanes are available for Lap Swim. Swimmers under the age of 18 must pass a swim test in order to lap swim or use the deep end of the pool.

LAP/REC - (Large Pool) for adults, children and families. Half of the pool is open for lap swim while the other half is open for recreational swim.

Swimmers under the age of 18 must pass a swim test in order to lap swim or use the deep end of the pool. **REC:** (Therapeutic Pool) Pool is open to all swimmers.

***CLOSED** - Pools are closed or open ONLY FOR pre-registered/paid programs, or rentals. When the large pool is closed, the hot tub will remain open.

Children ages 6 and under must be accompanied by an adult (age 18+) in the water. The adult must remain within an arm's length of the child at all times.

Caring

Honesty

Respect

Responsibility

We put Judeo-Christian principles into practice through programs that build a healthy mind, body and spirit for all.