



REGIONAL YMCA POOL SCHEDULE

MAIN POOL – Lap Swim*

Effective June 20th-August 6th

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6am-7:45pm	6am-7:45pm	6am-7:45pm	6am-7:45pm	6am-3:45pm	8am-8:45a	8am-8:45a

*MUST be able to swim unassisted and continuous laps, 13 years and over.

Lane availability varies depending on time and usage

MAIN POOL – Open Swim

Mon.	Tues.	Wed.	Thurs.	Fri.
12pm-6pm	12pm-7:45pm	12pm-6pm	12pm-7:45pm	12pm-3:45pm

YDAC OUTDOOR POOL – Lap Swim*

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5:00am-6:00am (LC) 5:00pm-7:45pm 3 lanes (SC)	5:00am-6:00am (SC) 4:00pm-7:45pm 1 lanes (LC)	5:00am-6:00am (LC) 5:00pm-7:45pm 3 lanes (SC)	5:00am-6:00am (SC) 4:00pm-7:45pm 1 lanes (LC)	5:00am-6:00am (LC) 4:00pm-7:45pm 3 lanes (LC)	9am-11:45a (LC) 12pm-4:45pm 3 lanes (LC)	6am-4:45pm 3 lanes (LC)

*MUST be able to swim unassisted and continuous laps, 13 years and over.

LC=Long Course

SC= Short Course

YDAC OUTDOOR POOL – Open Swim

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5:00pm-7:45pm 3 lanes (SC)	4:00pm-7:45pm 2 lanes (LC)	5:00pm-7:45pm 3 lanes (SC)	4:00pm-7:45pm 2 lanes (LC)	4:00pm-7:45pm 3 lanes (LC)	12pm-4:45pm 3 lanes (LC)	11am-4:45pm 3 lanes (LC)

THERAPY POOL*** – Open Swim

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
9:00am-9:45am 11:00am-7:45pm	9:00am-5:45pm 7:00pm-7:45pm	9:00am-9:45am 11:00am-7:45pm	9:00am-7:45pm	9:00am-3:45pm	10:15am-11:45am (until 8/1)	10:15am-11:45am (until 8/1)