the YMCA

## Pav YMCA

# POOL SCHEDULE
(SUBJECT TO CHANGE)

## Winter Session
## 1/3/2023–2/19/2023

- AQ WATER CLASSES
- DJ'S SCUBA
- JUNIOR GUARDS
- LAP SWIM
- OPEN SWIM
- SWIM LESSONS
- SWIM TEAM
- WSSRA

**Please be kind and respect the privacy and space of others.

**Please enter the pool area through the locker rooms located in the middle of the main hallway.

**Please be sure to shower before and after using the whirlpool, sauna, and pool. There is a 6 person maximum capacity in the whirlpool and 5 person maximum capacity in the sauna at all times. There is a 20 minute maximum time limit for both amenities.

We appreciate your cooperation with all policies. The whirlpool, sauna, and pool will close 15 minutes prior to building closure.

***Pool closes at:**
**8:45p Mon–Fri**
**& 2:45p Sat–Sun**

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|---|
| | Opens 8am | Opens 6am | Opens 6am | Opens 6am | Opens 6am | Opens 6am | Opens 7am |
| 6:00 AM | | Open Swim L. 1–2 6a–4p; Lap Swim L. 3–6 6a–4p | Open Swim L. 1–2 6–9a; Lap Swim L. 3–6 6a–9p | Open Swim L. 1–2 6a–4p; Lap Swim L. 3–6 6a–4p | Open Swim L. 1–2 6–9a; Lap Swim L. 3–6 6a–9p | Open Swim L. 1–2 6a–4p; Lap Swim L. 3–6 6a–4:30p | |
| 6:15 AM | | | | | | | |
| 6:30 AM | | | | | | | |
| 6:45 AM | | | | | | | |
| 7:00 AM | | | | | | | Lap Swim L. 4–6 7a–8a |
| 7:15 AM | | | | | | | Water Arthritis GX Class L. 1–3 7:15–8a |
| 7:30 AM | | | | | | | |
| 7:45 AM | | | | | | | |
| 8:00 AM | Open Swim L. 1–2 8a–12:45p; Lap Swim L. 3–6 8a–12:45p | | | | | | Open Swim L. 1–2 8a–9:45a; Lap Swim L. 3–6 8a–9:45p |
| 8:15 AM | | | | | | | |
| 8:30 AM | | | | | | | |
| 8:45 AM | | | | | | | |
| 9:00 AM | | | Water Works GX Class L. 1–4 9–10a; Lap Swim L. 5–6 9–10a | | Water Works GX Class L. 1–4 9–10a; Lap Swim L. 5–6 9–10a | | |
| 9:15 AM | | | | | | | |
| 9:30 AM | | | | | | | |
| 9:45 AM | | | | | | | Swim Lessons All Lanes 9:45a–1:30p |
| 10:00 AM | | | Open Swim L. 1–2 10a–6:30p; Lap Swim L. 3–6 10a–4:30p | | Open Swim L. 1–2 10a–6:30p; Lap Swim L. 3–6 10a–4:30p | | |
| 10:15 AM | | | | | | | |
| 10:30 AM | | | | | | | |
| 10:45 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 11:15 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 11:45 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 12:15 PM | | | | | | | |
| 12:30 PM | | | | | | | |
| 12:45 PM | Swim Lessons All Lanes 12:45–3p | | | | | | |
| 1:00 PM | | | | | | | |
| 1:15 PM | | | | | | | |
| 1:30 PM | | | | | | | Open Swim L. 1–2 1:30–2:45p; Lap Swim L. 3–6 1:30–2:45p |
| 1:45 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 2:15 PM | | | | | | | |
| 2:30 PM | | | | | | | |
| 2:45 PM* | | | | | | | |
| 3:00 PM | | | | | | | |
| 3:15 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 3:45 PM | | | | | | | |
| 4:00 PM | | Swim Lessons All Lanes 4–5:30p | | Swim Lessons All Lanes 4–5:30p | | WSSRA L. 1–3 4–5:30p; Junior Guards L. 3–6 4–4:45p | |
| 4:15 PM | | | | | | | |
| 4:30 PM | | | Swim Team L. 4–6 4:30–6:30p | | Swim Team L. 4–6 4:30–6:30p | | |
| 4:45 PM | | | | | | | |
| 5:00 PM | | | | | | | |
| 5:15 PM | | | | | | | |
| 5:30 PM | | Swim Team L. 3–6 5:30–7:30p | | Swim Team L. 3–6 5:30–7:30p | | Swim Team L. 3–6 5:30–7:30p | |
| 5:45 PM | | | | | | | |
| 6:00 PM | | | | | | | |
| 6:15 PM | | | | | | | |
| 6:30 PM | | | Swim Lessons All Lanes 6:30–7:45p | | Swim Lessons All Lanes 6:30–7:45p | | |
| 6:45 PM | | | | | | | |
| 7:00 PM | | | | | | | |
| 7:15 PM | | | | | | | |
| 7:30 PM | | Open Swim L. 1–2 7:30–8:45p; Lap Swim L. 3–4 7:30–8:45p; DJ's Scuba L. 5–6 7:30–10:15p | Open Swim L. 1–2 7:45–8:45p; Lap Swim L. 3–6 7:45–8:45p | Open Swim L. 1–2 7:30–8:45p; Lap Swim L. 3–6 7:30–8:45p | Open Swim L. 1–2 7:45–8:45p; Lap Swim L. 3–4 7:45–8:45p; DJ's Scuba L. 5–6 7:45–10:15p | Open Swim L. 1–2 7:30–8:45p; Lap Swim L. 3–6 7:30–8:45p | |
| 7:45 PM | | | | | | | |
| 8:00 PM | | | | | | | |
| 8:15 PM | | | | | | | |
| 8:30 PM | | | | | | | |
| 8:45 PM* | | | | | | | |
| 9:00 PM | | | | | | | |
| 9:15 PM | | | | | | | |
| 9:30 PM | | | | | | | |
| 9:45 PM | | | | | | | |
| 10:00 PM | | | | | | | |
| 10:15 PM | | | | | | | |
| | *CLOSES AT 2:45P | *CLOSES AT 8:45P | *CLOSES AT 8:45P | *CLOSES AT 8:45P | *CLOSES AT 8:45P | *CLOSES AT 8:45P | *CLOSES AT 2:45P |

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|---|
| AQ WATER CLASSES | – | – | 9–10a | – | 9–10a | – | 7:15–8a |
| DJ'S SCUBA | – | 7:30–10:15p | – | – | 7:45–10:15p | – | – |
| JUNIOR GUARDS | – | – | – | – | – | 4–4:45p | – |
| LAP SWIM | 8a–12:45p | 6a–4p/7:30–8:45p | 6a–4:30p/7:45–8:45p | 6a–4p/7:30–8:45p | 6a–4:30p/7:45–8:45p | 6a–4:30p/7:30–8:45p | 7–9:45a/1:30–2:45p |
| OPEN SWIM | 8a–12:45p | 6a–4p/7:30–8:45p | 6–9a/10a–6:30p/ 7:45–8:45p | 6a–4p/7:30–8:45p | 6–9a/10a–6:30p/ 7:45–8:45p | 6a–4p/7:30–8:45p | 8–9:45a/1:30–2:45p |
| SWIM LESSONS | 12:45–3p | 4–5:30p | 6:30–7:45p | 4–5:30p | 6:30–7:45p | – | 9:45a–1:30p |
| SWIM TEAM | – | 5:30–7:30p | 4:30–6:30p | 5:30–7:30p | 4:30–6:30p | 5:30–7:30p | – |
| WSSRA | – | – | – | – | – | 4–5:30p | – |