



Aquatics Schedule

Robert Lee YMCA

May 2 - July 3

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING		Full Lane Swim 6:00am - 1:00pm	Full Lane Swim 6:00 - 9:30am	Full Lane Swim 6:00am - 9:30am	Full Lane Swim 6:00 - 10:30am	Full Lane Swim 6:00 - 9:30am	Full Lane Swim 7:00 - 9:30am	Full Lane Swim 7:00 - 9:30am
			Partial Lane Swim 9:30 - 10:30am	Y Gentle Aquafit 9:30 - 10:15am	Partial Lane Swim 9:30 - 10:15am	Y Gentle Aquafit 9:30 - 10:15am	Partial Lane Swim 9:30 - 10:30am	Y Gentle Aquafit 9:30 - 10:15am
AFTERNOON				Full Lane Swim 10:30am - 1:00pm		Full Lane Swim 10:30am - 1:00pm		
		Partial Lane Swim 4:15 - 5:00pm	Y Gentle Aquafit 4:15 - 5:00pm	Full Lane Swim 4:00 - 5:30pm		Full Lane Swim 4:00 - 5:30pm		
EVENING		Full Lane Swim 5:00 - 8:30pm	Partial Lane Swim 5:30 - 8:30pm	Open Swim 5:30 - 8:30pm	Full Lane Swim 4:00 - 8:30pm	Partial Lane Swim 5:30 - 8:30pm	Open Swim 5:30 - 8:30pm	

*No aquafit on statutory holidays.

Please note: Lifeguard courses & Private Lessons may occur in the pool area anytime.

Aquatics, RLY - Updated: April 24, 2022

Schedule subject to change without notice.

ACTIVITIES	
Full Lane Swim	<p>During these designated times, the pool is configured to all for Lane Swim Only.</p> <p>A reminder regarding Lane Swim Etiquette: Choose the appropriate lane for your pace. Swim to the right side of the lane. Faster swimmers must pass to the left. When entering the lane, give other swimmers the right of way. When resting, please keep to the corner to allow other swimmers to use the wall.</p>
Partial Lane Swim	<p>During this time the pool is configured to have one to three lanes dedicated for Lane Swim Only. Additional aquatic activities may be occurring in other areas of the pool.</p> <p>Please see above for Lane Swim Etiquette.</p>
Open Swim	<p>During this this time a section of the pool will be open for any type of swimming or water activity. Children are welcome in the pool during this time.</p>
Early Years Swim	<p>During this time a section of the pool will be open for families with children 5 years of age and younger.</p>
AQUAFIT	<p>Y Gentle Aquafit This water exercise class is for those looking for a light, low impact, joint-friendly workout. Improve core strength, endurance, range of motion, flexibility and balance. All levels welcome.</p>