



Aquatics Schedule

Robert Lee YMCA

Oct 3 - Dec 31 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	Full Lane Swim 6:00 am - 9:45 am		Full Lane Swim 6:00 am - 9:30am		Full Lane Swim 6:00am - 9:45 am		Full Lane Swim 6:00 am - 9:30 am	
	Partial Lane Swim 8:30 am - 10:00 am	Y Aquafit 9:45 am - 10:30 am	Partial Lane Swim 9:30 am - 10:30am	Y Aquafit 9:30 am - 10:15am	Partial Lane Swim 9:45 am - 10:30am	Y Aquafit 9:30 am - 10:15am	Full Lane Swim 7:00 am - 8:30 am	Full Lane Swim 7:00 am - 9:15 am
AFTERNOON	Partial Lane Swim 9:45 am - 10:30am	Y Aquafit 9:45 am - 10:30 am	Partial Lane Swim 9:30 am - 10:30am	Y Aquafit 9:30 am - 10:15am	Partial Lane Swim 9:30 am - 10:30am	Y Aquafit 9:30 am - 10:15am	Partial Lane Swim 9:15 am - 12:00 pm	Y Aquafit 9:15 am - 10:00 am
	Full Lane Swim 10:30 am - 1:00 pm		Partial Lane Swim 9:45 am - 1:00 pm		Swim Lessons 10:00am - 1:00pm (2 Lanes)		Open Swim 10:00 am - 12:30 pm (2 Lanes)	Partial Lane Swim 11:30 am - 12:30 pm
EVENING	Full Lane Swim 4:00 pm - 8:30 pm		Full Lane Swim 4:00 pm - 4:30 pm		Full Lane Swim 4:00 pm - 4:30 pm		Full Lane Swim 4:00 pm - 5:30 pm	
	Partial Lane Swim 4:30 pm - 8:30 pm	Swim Lessons 4:30 pm - 8:00 pm (1 Lane)	Partial Lane Swim 4:30 pm - 8:30 pm	Swim Lessons 4:30 pm - 8:00 pm (1 Lane)	Partial Lane Swim 4:30 pm - 8:30 pm	Swim Lessons 4:30 pm - 8:00 pm (2 Lanes)	Partial Lane Swim 5:30 pm - 8:30 pm	Open Swim 5:30 pm - 8:30 pm (2 Lanes)
<p>*No aquafit on statutory holidays. Please note: Lifeguard courses & Private Lessons may occur in the pool area anytime.</p>						<p>Aquatics, RLY - Updated: Sept 4, 2022 Schedule subject to change without notice.</p>		
ACTIVITIES	Full Lane Swim	<p>During these designated times, the pool is configured to all for Lane Swim Only. 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. 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. During this time a section of the pool will be open for families with children 5 years of age and younger.</p>						
AQUAFIT	Y Aquafit	<p>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>						