



	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	Full Lane Swim 6:00 am - 1:00 pm	Full Lane Swim 7:00 am - 8:30 am	Full Lane Swim 7:00 am - 9:15 am
	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
AFTERNOON	Full Lane Swim 10:30 am - 1:00 pm	Full Lane Swim 10:30 am - 1:00 pm	Partial Lane Swim 9:45 am - 1:00 pm	Swim Lessons 10:00am 1:00pm (1 Lane)	Full Lane Swim 10:30 am - 1:00 pm	Full Lane Swim 12:00 - 4:00 pm	Full Lane Swim 12:00 pm - 4:00 pm
	Y Aquafit Access Only 3:30 pm	Y Aquafit 3:45 pm 4:30 pm	Full Lane Swim 4:00 pm - 4:30pm	Y Aquafit Access Only 3:30 pm	Y Aquafit 3:45 pm 4:30 pm		
EVENING	Partial Lane Swim 4:00 pm - 7:30 pm	Swim Lessons 4:30 pm 7:30 pm (1 Lane)	Partial Lane Swim 4:30 pm - 7:30 pm	Swim Lessons 4:30 pm 7:30 pm (1 Lane)	Full Lane Swim 4:00 pm - 5:30 pm	Partial Lane Swim 5:30 pm - 8:30 pm	Open Swim 5:30 pm 8:30 pm (2 Lanes)
	Full Lane Swim 7:30 pm - 8:30pm	Full Lane Swim 7:30 pm - 8:30pm	Full Lane Swim 7:15 pm - 8:30pm	Full Lane Swim 7:15 pm - 8:30pm			

<b>Full Lane Swim</b>	<p>During these designated times, the pool is configured to all for Lane Swim Only. ☒</p> <p>A reminder regarding Lane Swim Etiquette:☒</p> <p>Choose the appropriate lane for your pace.☒ Swim to the right side of the lane☒ Faster swimmers must pass to the left.☒</p> <p>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>
<b>Partial Lane Swim</b>	<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><b>Please see above for Lane Swim Etiquette.</b></p>
<b>Open Swim</b>	<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> <p>During this time a section of the pool will be open for families with children 5 years of age and younger.</p>
<b>Y Aquafit</b>	<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>
<p>*No aquafit on statutory holidays.</p> <p><b>Please note: Lifeguard courses &amp; Private Lessons may occur in the pool area anytime.</b></p>	
<p>Aquatics, RLY - Updated: Mar 24, 2023 <b>Schedule subject to change without notice.</b></p>	

Lifeguards/Swim Instructor training days																
DATE	13-Jan	15-Jan	21-Jan	28-Jan	4-Feb	10-Feb	12-Feb	18-Feb	20-Feb	25-Feb	3-Mar	5-Mar	14-Mar	16-Mar	20-Mar	22-Mar
HOURS	6:00 PM 8:30 PM	2:00 PM 6:00 PM	2:00 PM 6:00 PM	1:00 PM 5:30 PM	1:00 PM 5:30 PM	6:00 PM 8:30 PM	2:00 PM 6:00 PM	1:00 PM 6:00 PM	7:30PM 9:00 PM	2:00 PM 6:00 PM	6:00 PM 8:30 PM	2:00 PM 6:00 PM	12:30 PM 3:45 PM	12:30 PM 3:45 PM	12:30 PM 3:45 PM	12:30 PM 3:45 PM
DATE	14-Jan	20-Jan	22-Jan	29-Jan	5-Feb	11-Feb	17-Feb	19-Feb	24-Feb	26-Feb	4-Mar	13-Mar	15-Mar	17-Mar	21-Mar	23-Mar
HOURS	2:00 PM 6:00 PM	6:00 PM 8:30 PM	2:00 PM 6:00 PM	1:00 PM 5:30 PM	1:00 PM 5:30 PM	2:00 PM 6:00 PM	6:00 PM 8:30 PM	2:00 PM 6:00 PM	6:00 PM 8:30 PM	2:00 PM 6:00 PM	2:00 PM 6:00 PM	12:30 PM 3:45 PM	12:30 PM 3:45 PM	12:30 PM 3:45 PM	12:30 PM 3:45 PM	12:30 PM 3:45 PM