



Robert Lee YMCA

Aquatics Schedule

October 2 - December 31, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY *	SUNDAY
MORNING	Full Lane Swim 6:00 am - 9:15 am	Full Lane Swim 6:00 am - 4:30pm	Full Lane Swim 6:00 am - 9:45 am	Full Lane Swim 6:00 am - 9:15 am	Full Lane Swim 6:00 am - 9:15 am	Full Lane Swim 7:00 am - 9:00 am	Full Lane Swim 7:00 am - 9:00 am
	Partial Lane Swim 9:15 am - 10:00 am	Y Aquafit 9:15 am - 10:00 am	Partial Lane Swim 9:15 am - 10:00 am	Y Aquafit 9:15 am - 10:00 am	Partial Lane Swim 9:15 am - 10:00am	Y Aquafit 9:15 am - 10:00 am	Partial Lane Swim 9:00 am - 12:00 pm
AFTERNOON	Full Lane Swim 10:00 am - 4:30 pm	Full Lane Swim 6:00 am - 4:30 pm	Full Lane Swim 10:30 am - 4:30 pm	Full Lane Swim 10:00 am - 4:30 pm	Full Lane Swim 10:00 am - 4:30 pm	Open Swim 10:00 am - 12:00 pm	Open Swim 10:00 am - 12:00 pm
	Full Lane Swim 10:00 am - 4:30 pm	Full Lane Swim 6:00 am - 4:30 pm	Full Lane Swim 10:30 am - 4:30 pm	Full Lane Swim 10:00 am - 4:30 pm	Full Lane Swim 10:00 am - 4:30 pm	Full Lane Swim 2:00 pm - 6:00 pm	Full Lane Swim 12:00 - 6:00 pm
EVENING	Partial Lane Swim 4:30 pm - 7:45 pm	Swim Lessons 4:30 pm - 7:45 pm	Partial Lane Swim 4:30 pm - 7:30 pm	Swim Lessons 4:30 pm - 7:30 pm	Partial Lane Swim 4:30 pm - 7:30 pm	Swim Lessons 4:30 pm - 7:30 pm	Swim Lessons 4:30 pm - 7:30 pm
	Full Lane Swim 7:45 pm - 9:00 pm	Full Lane Swim 7:30 pm - 9:00 pm	Full Lane Swim 7:30 pm - 9:00 pm	Full Lane Swim 7:30 pm - 9:00 pm	Full Lane Swim 7:30 pm - 9:00 pm	* Pool closure during swim lessons	

Full Lane Swim	During these designated times, the pool is configured for Lane Swim only.
	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.
Partial Lane Swim	During this time the pool is configured to have one to three lanes dedicated for Lane Swim Only. Additional aquatic activities may occur in other areas of the pool. Please see above for Lane Swim Etiquette.
Open Swim	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.
Y 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 and ages welcome.
*No aquafit or swimming lessons on statutory holidays. Lifeguard courses & Private Lessons may occur in the pool area anytime.	
Updated October 11th, 2023 Schedule subject to change without notice.	

Lifeguards/Swim Instructor training days													
DATE	15-Sep	16-Sep	17-Sep	22-Sep	23-Sep	24-Sep	20-Oct	21-Oct	22-Oct	27-Oct	28-Oct	29-Oct	17-Nov
HOURS	NA	3:00 PM 7:00 PM	3:00 PM 7:00 PM	NA	3:00 PM 7:00 PM	3:00 PM 7:00 PM	NA	3:00 PM 7:00 PM	3:00 PM 7:00 PM	NA	3:00 PM 7:00 PM	3:00 PM 7:00 PM	NA
Swim Lesson Period from Oct 2 to Dec 17													

18-Nov	19-Nov	Dec 26-Dec 30
3:00 PM 7:00 PM	3:00 PM 7:00 PM	Pool Time: 12 pm - 4 pm