

Aquatics Schedule

Updated July 1st, 202

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|--|--|--|
| Morning | | | | | | |
| Full Lane 6:00-12:15pm | Full Lane 6:00-9:30am | Full Lane 6:00-9:45am | Full Lane 6:00-9:15am | Full Lane 6:00-12:00pm | Full Lane 7:00-9:00am | Full Lane 7:00-9:00am |
| | Partial Lane 9:30-10:45am | Aquafit Partial Lane 10:15-11am | Partial Lane 9:15-10am | | Partial Lane Swim Lessons 9:00-12:30pm | Partial Lane Swim Lessons 9:00-12:30pm |
| Swim Lessons 10:15-12:15pm | Full Lane 10:15am-1:00pm | Swim Lessons 10:45-12:15pm | Full Lane 10:00-1:00pm | Aquafit 12-12:45pm | Open Swim 10:00-12:30pm | Open Swim 10:00-12pm |
| Afternoon | | | | | | |
| Full Lane 12:15-4:30pm | Partial Lane 1:00-2:00pm | Full Lane 1pm-9:00pm | Partial Lane 1:00-2:00pm | Full Lane 2:00-4:00pm | Full Lane 12:30-7:00pm | Full Lane 12pm-7:00pm |
| Aquafit 2:00-2:45pm | Swim Lessons 1:00-2:00pm | | Swim Lessons 1:00-2:00pm | | | |
| | Aquafit 2:15-3:00pm | | | | | |
| | Full Lane 3pm-4:00pm | | Full Lane 2:00pm-4pm | | | |
| Evening | | | | | | |
| Partial Lane Swim Lessons 4:00-7:30pm | Partial Lane Swim Lessons 4:00pm-7:30pm | Full Lane 1:00pm-9:00pm | Partial Lane Swim Lessons 4:00-7:30pm | Open Swim Partial Lane 4:00-7:30pm | Full Lane 12:30-7:00pm | Full Lane 12:45-7:00pm |
| Full Lane 7:30pm-9:00pm | Full Lane 7:30pm-9:00pm | | Full Lane 7:30pm-9:00pm | Full Lane 7:30pm-9:00pm | | |

| | | | | | |
|----------------------------|---|---|---------------------------------------|---|--|
| Lane Swim Etiquette | Swim to the right side of the lane | When resting, please keep to the corner to allow other swimmers to use the wall | Faster swimmers must pass to the left | Choose the appropriate lane for your pace | When entering the lane, give other swimmers the right of way |
| Full Lane Swim | During these times, the pool is configured for lane swim only. | | | | |
| Partial Lane Swim | During these times, the pool is configured to have one to three lanes for lane swim only. Additional activities may occur in other areas of the pool. | | | | |
| Open Swim | During this time, a section of the pool will be open for any type of swimming or aquatic activity. Children of any age are welcome into the pool at this designated time. A section of the pool will be open for families with children 5 years of age and younger. | | | | |
| Aquafit | This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility and balance. All levels welcome. | | | | |



Robert Lee YMCA

Swim Instructor Course Schedule

Updated June 30th, 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---------|-----------|----------|-------------------------------|----------------------------------|----------------------------------|
| | | | | June 6 th 4pm-6pm | June 7 th 4pm-6pm | June 8 th 1pm-5pm |
| | | | | June 13 th 4pm-6pm | June th 14th m-6pm | June 15 th 1pm-5pm |
| | | | | June 20 th 4pm-8pm | June 21 st 9am-1230pm | June 22 nd 9am-1230pm |
| | | | | | | |
| There are fewer open lanes during the above times. Check with our aquatics staff to find out more. | | | | | | |

| Lane Swim Etiquette | Swim to the right side of the lane | When resting, please keep to the corner to allow other swimmers to use the wall | Faster swimmers must pass to the left | Choose the appropriate lane for your pace | When entering the lane, give other swimmers the right of way |
|---------------------|---|---|---------------------------------------|---|--|
| Full Lane Swim | During these times, the pool is configured for lane swim only. | | | | |
| Partial Lane Swim | During these times, the pool is configured to have one to three lanes for lane swim only. Additional activities may occur in other areas of the pool. | | | | |
| Open Swim | During this time, a section of the pool will be open for any type of swimming or aquatic activity. Children of any age are welcome into the pool at this designated time. A section of the pool will be open for families with children 5 years of age and younger. | | | | |
| Aquafit | This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility and balance. All levels welcome. | | | | |