

POOL SCHEDULE

August 2 to August 28



YMCA of Greater Grand Rapids

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:30	Lap Swim 5:00am-8:45am	Lap Swim 5:00am-8:45am	Lap Swim 5:00am-8:45am	Lap Swim 5:00am-8:45am	Lap Swim 5:00am-9:30am		
6:00							
6:30							
7:00							
7:30	During all lap swim times one lane is designated for exercise.					Lap Swim 7:00am-9:00am	
8:00							
8:30							
9:00	Arthritis 8:45am-9:30am 1 Lap lane open	Deep Water Aerobics 8:45am-9:30am 1 Lap lane open	Water Fitness 8:45am-9:30am Belinda 1 Lap lane open	Water Fitness 8:45am-9:30am 1 Lap lane open			
9:30					Community Program 9:30am-10:30am		
10:00	Cardio Mix 9:40am-10:25am 1 Lap lane open	Arthritis 9:40am-10:25am 1 Lap lane open	Open Swim 3 Lap lanes open	Water Fitness 9:40am-10:25am 1 Lap lane open		Swim Lessons 9:00am-12:15 1 Lap lane open	
10:30					Senior Swim 10:30am-11:15am		
11:00	Swim Lessons 10:30am-12:00pm 1 Lap lane open	Swim Lessons 10:30am-12:00pm 1 Lap lane open	Swim Lessons 10:30am-12:00pm 1 Lap lane open	Open Swim 10:30am-12:00pm 3 Lap lanes open			
11:30					Open Swim		
12:00	Lap Swim 11:45am-1:00pm	Lap Swim 12:00pm-1:00pm	Lap Swim 12:00pm-1:00pm	Lap Swim 12:00pm-1:00pm	Lap Swim 12:00pm-1:00pm	Lap Swim 12:00pm-1:00pm	
12:30							Lap Swim 12:00pm-2:00pm
1:00	Senior Swim 1:00pm-2:00pm				Open Swim 1:00-2:00 pm 3 Lap lanes open		
1:30							
2:00							
2:30		Open Swim 1:00-5:30 pm 3 Lap lanes open	Open Swim 1:00-6:15 pm 3 Lap lanes open	Open Swim 1:00-5:30 pm 3 Lap lanes open		Open Swim 1:00pm-5:45pm 2 Lap lanes open	
3:00	Summer Day Camp 2 Lap lanes open				Summer Day Camp 2 Lap lanes open		Open Swim 2:00pm-5:45pm 2 Lap lanes open
3:30							
4:00							
4:30							
5:00	Open Swim 5:00pm-6:15pm 2 Lap lanes open						
5:30							
6:00	Swim Lessons 6:15-6:45pm		Swim Lessons 6:15-6:45pm				
6:30		Swim Lessons 5:30PM - 8:15PM 1 Lap lane open		Swim Lessons 5:30PM - 8:15PM 1 Lap lane open			
7:00	Open Swim 6:45-7:30pm		Open Swim 6:45-7:30pm		Open Swim 5:00pm-9:15pm 2 Lap lanes open		
7:30	Water Fitness 7:30pm-8:15pm Teresa		Water Fitness 7:30pm-8:15pm Teresa				
8:00							
8:30	Open Swim 8:15pm-9:15pm 2 Lap lanes open	Open Swim 8:15pm-9:15pm 2 Lap lanes open	Open Swim 8:15pm-9:15pm 2 Lap lanes open	Open Swim 8:15pm-9:15pm 2 Lap lanes open			
9:00							

During program times (Swim lessons and Water Exercise Classes) there is only 1 lane guaranteed for lap swimming.

Pool will be closed from August 29th - September 6th for annual maintenance.

