

## AQUATIC SCHEDULE BUTLER YMCA Begins December 4, 2023

724.287.4733

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY	
	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN
5:30am 6:00 6:30 7:00 7:30 8:00 8:30 9:00	CLOSED			<b>Open Swim</b> 5:30am-12:00pm	Open Swim 5:30am-9:30am	Open Swim 5:30am-10:15am  Swim Lessons (1 lane) 9:35am-10:05am	<b>Open Swim</b> 5:30am-1:00pm	<b>Open Swim</b> 5:30am-11:30am
10:00	<b>Open Swim</b> 10:00am- 2:00pm	<b>Open Swim</b> 10:00am- 2:00pm	<b>Open Swim</b> 5:30am- 3:00pm		Blasts & Abs 9:30am-10:30am	Aqua for Arthritis 10:15am-11:00am	Swim Team (2 lanes)	
11:00 11:30					Open Swim 10:30am-1:00pm Swim Team	Gentle Water Exercise 11:00am-11:45am		Gentle Water Exercise 11:30am-12:15pm
Noon 12:30				Work it in the Water 12:00pm-12:45pm	(2 lanes) <u>Dec 26 (no evening)</u> 10am-1:00pm	<b>Open Swim</b> 11:45am-1:00pm		Aqua Weight Training 12:15pm-1:00pm
1:00 1:30 2:00 2:30				Aqua Dance Party 1:00pm-1:45pm	CLOSED 1:00pm-3:00pm	CLOSED 1:00pm-3:00pm	CLOSED 1:00pm-3:00pm	CLOSED 1:00pm-3:00pm
3:00 3:30 4:00	CLOSED		Knoch Swim Team (5 lanes) 3:00pm-4:30pm	<b>Open Swim</b> 1:45pm-5:00pm	Knoch Swim Team (5 lanes) 3:00pm-4:30pm	<b>Open Swim</b> 3:00pm-5:00pm	Knoch Swim Team (5 lanes) 3:00pm-4:30pm	<b>Open Swim</b> 3:00pm-5:00pm
4:30			Butler/Knoch Swim Teams (4 lanes) 4:00pm-6:00pm		Butler/Knoch Swim Teams (4 lanes)		Butler/Knoch Swim Teams (4 lanes) 4:00pm-6:00pm	
5:00 5:30				Swim Lessons	4:00pm-7:00pm	Swim Lessons 5:00pm-6:05pm		Swim Lessons 5:00pm-6:40pm
6:00 6:30 7:00 7:30 8:00			<b>Open Swim</b> 6:00pm-8:00pm	5:00pm-7:30pm  Open Swim 7:30pm-8:00pm	Swim Lessons (1 lane) 5:45pm-8:00pm  Open Swim (4 lanes) 7:00pm-8:00pm	<b>Open Swim</b> 6:05pm-8:00pm	Swim Lessons (1 lane) 5:15pm-8:00pm  Open Swim (4 lanes) 7:00pm-8:00pm	<b>Open Swim</b> 6:40pm-8:00pm

- The Pool Schedule is SUBJECT TO CHANGE. Updated schedules will then be available at the Communication Board and on the website.
- Private Swim Lessons available. Please check with the Swim Lesson Coordinator for times and pool availability.
- No lap lane will be available when YMCA Child Care is swimming, OTHERWISE 1 lap lane will be available.
- When a birthday party is scheduled in Pool 2, half of the pool will still be open to other members.
- Water Group Fitness class sizes will be limited to 20 members in Pool 1 and 30 members in Pool 2
- During Water Group Fitness classes, only class participants are to be in Pool 2; no other members or guests are permitted in the pool.
- 6 persons max in the Whirlpool at one time
- Swim Lessons run through week of December 18, 2023 (6 weeks) then OPEN swim.



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	THUR			RIDAY	SATURDAY		
	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	Test. Mark.
5:30am							_
6:00							
6:30							
7:00	Open Swim		Open Swim 5:30am-9:30am	Open Swim			
7:30	5:30am-9:30am		3.304111 3.304111	5:30am-9:00am			
8:00						Open Swim	
8:30		Open Swim				7:30am-9:00am	
9:00		5:30am-11:00am					• Ages 12 and under mu
9:30	Deep H2O		Aqua Intervals 9:30am-10:30am	YMCA Child Care		Swim Lessons 9:00am-11:15am	band before entering the
10:00	Suspension						Bands indicate swimm.
	9:30am-10:30am						- Danus malcate swimm
10:30				Swim Lessons 9:00am-11:30am			• Red= Non-Swimmer
	Open Swim				Onen Swim		• Green=Swimmer
11:00 11:30	10:30am-1:00pm	Gentle Water	Open Swim		Open Swim (4 lanes during		• Ages 7 and under requ
11:30	Swim Team	<b>Exercise</b> 11:00am-11:45am	10:30am-3:00pm		Swim Lessons)		supervision from an adu
	(2 lanes) <u>Dec 28 (no evening)</u>	TITOGUM TITTSUM	Swim Team	Open Swim	7:30am-5:30pm		regardless of band color
Noon	10am-1:00pm	Total Body	(2 lanes) Dec 22 (no evening)	11:30am-1:00pm			
12:30		Conditioning 12:00pm-12:45pm	1:00-4:30pm		Cooling Language		<ul> <li>Red bands are restricted water and require adult</li> </ul>
			Swim Team		Swim Lessons (1 lane)		in the water at all times.
1:00		CLOSED	(2 lanes) <u>Dec 29 (no evening)</u> 10:30am-12:30pm	Aqua Dance Party 1:00pm-1:45pm	9:00am-12:00pm	Open Swim	
1:30	CLOSED						• Only swimmers 8-12 y
2.00	1:00pm-3:00pm	1:00pm-3:00pm				11:15am-5:30pm	passed the Green Band
2:00							permitted in all areas of an adult.
3:00			Knoch Swim				an addici
3:30 4:00	Knoch Swim Team		Team				Green Ba
4:00	(5 lanes) 3:00pm-4:30pm		(5 lanes) 3:00pm-4:30pm				<b>Swim Testing</b> Monday-Wednesday 9
							Friday 9:00am
4:30	Butler/Knoch		Butler/Knoch	Open Swim 1:45pm-7:00pm			Saturday 9:00ar Sundays 10:00ar
5:00	Swim Teams	Open Swim	Swim Teams	- · · - F · · · · · · · · · · · · · · ·			
5:30	(4 lanes)	3:00pm-8:00pm	(4 lanes)				
	4:00pm-6:15pm		4:00pm-7:00pm				
6:00					01.00=0	01.00=5	
6:30 7:00	Open Swim			CLOSED	CLOSED	CLOSED	
7:30	6:15pm-8:00pm		CLOSED				
8:00							

k. Protect.

- must pick-up a swim the pool.
- nming ability.
- equire reach dult in the water
- icted to shallow ult reach supervision es.
- years old who have nd swim test are of the pools without

## Band ing Times

y 9:00am-6:30pm am-6:30pm 0am-4:30pm 0am-1:30pm