

## AQUATIC SCHEDULE BUTLER YMCA Begins April 1, 2024

	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 9:30	CLOSED			<b>Open Swim</b> 5:30am-12:00pm	Open Swim 5:30am-9:30am Pool Jogging w/HIIT	<b>Open Swim</b> 5:30am-10:15am <b>Swim Lessons</b> (1 lane) 9:00am-10:05am	<b>Open Swim</b> 5:30am-1:00pm	<b>Open Swim</b> 5:30am-11:30am
10:00 10:30	<b>Open Swim</b> 10:00am- 2:00pm	<b>Open Swim</b> 10:00am- 2:00pm			Blasts & Abs 9:30am-10:30am	Aqua for Arthritis 10:15am-11:00am	5.50din 1.00pin	
11:00 11:30					<b>Open Swim</b> 10:30am-1:00pm	Gentle Water Exercise 11:00am-11:45am		Aqua Weight Training 11:30am-12:15pm
Noon 12:30				Work it in the Water 12:00pm-12:45pm		<b>Open Swim</b> 11:45am-1:00pm		Gentle Water Exercise 12:15pm-1:00pm
1:00 1:30 2:00 2:30	CLOSED		<b>Open Swim</b> 5:30am- 8:00pm	Aqua Dance Party 1:00pm-1:45pm Homeschool Gym & Swim to Apr 8 then Open Swim 1:45-2:30pm	<b>CLOSED</b> 1:00pm-3:00pm	<b>CLOSED</b> 1:00pm-3:00pm	<b>CLOSED</b> 1:00pm-3:00pm	<b>CLOSED</b> 1:00pm-3:00pm
3:00 3:30 4:00 4:30				<b>Open Swim</b> 2:30pm-5:00pm	<b>Open Swim</b> 3:00pm-5:00pm	<b>Open Swim</b> 3:00pm-5:00pm	<b>Open Swim</b> 3:00pm-5:15pm	<b>Open Swim</b> 3:00pm-5:00pm
5:00 5:30 6:00 6:30 7:00				Swim Lessons 5:00pm-7:15pm	Swim Lessons (1 lane) 5:00pm-8:00pm Open Swim (4 lanes)	Swim Lessons 5:00pm-6:40pm	Swim Lessons (1 lane) 5:15pm-6:40pm Open Swim (4 lanes) 5:15pm-8:00pm	Swim Lessons 5:00pm-6:40pm
7:30 8:00				<b>Open Swim</b> 7:15pm-8:00pm	5:00pm-8:00pm	<b>Open Swim</b> 6:40pm-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 week of March 4 through week of April 15, 2024 (7 weeks) then OPEN swim.



	THURSDAY		FRIDAY		SATURDAY			
	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	STOP Test. Mark. Protect.	
5:30am								
6:00	-							
6:30								
7:00	Open Swim		Open Swim 5:30am-9:30am	Open Swim				
7:30	5:30am-9:30am		5.50am-5.50am	5:30am-9:00am				
8:00	-					Open Swim		
8:30	-	Open Swim				7:30am-9:00am		
9:00	_	5:30am-11:00am					Acces 12 and under must nick up a quim	
9:30	Deep H2O						• Ages 12 and under must pick-up a swim band before entering the pool.	
10:00	Suspension		Aqua Intervals				bana berore enterning the pool.	
	9:30am-		9:30am-10:30am				• Bands indicate swimming ability.	
10:30	10:30am			YMCA Child Care		Swim Lessons		
				Swim Lessons 9:00am-11:30am		9:00am-12:00pm	• Red= Non-Swimmer	
							• Green=Swimmer	
11:00		Gentle Water			Open Swim		• Green-Swimmer	
11:30	Open Swim 10:30am-	Exercise			(4 lanes during Swim Lessons)		• Ages 7 and under require reach	
	1:00pm	11:00am-11:45am			7:30am-5:30pm		supervision from an adult in the water	
Neen	_			Barre H2O			regardless of band color.	
Noon		Total Body		11:30am-12:15pm				
12:30	-	Conditioning		Onen Swim	Swim Lessons		<u>Red bands are restricted to shallow</u> <u>water and require adult reach supervision</u>	
		12:00pm-12:45pm		Open Swim 12:15pm-1:00pm	(1 lane)		in the water at all times.	
			Open Swim		9:00am-11:45am		<u>m the mater at an times</u> .	
1:00			10:30am-7:00pm	Agus Dance Darty			• Only swimmers 8-12 years old who have	
1:30	CLOSED	CLOSED		Aqua Dance Party 1:00pm-1:45pm			passed the Green Band swim test are	
	1:00pm-3:00pm	1:00pm-3:00pm				<b>Open Swim</b> 12:00pm-5:30pm	permitted in all areas of the pools without	
2:00	_					12.00pm 5.50pm	an adult.	
3:00							Green Band	
3:30	Open Swim	Open Swim					Swim Testing Times	
4:00 4:30	3:00pm-5:15pm	3:00pm-8:00pm					Monday-Wednesday 9:00am-6:30pm Friday 9:00am-6:30pm	
4:30				<b>Open Swim</b> 1:45pm-7:00pm			Saturday 9:00am-4:30pm	
5:00							Sundays 10:00am-1:30pm	
5:30	Swim Lessons						-	
6:00 6:30	(1 lane)	Swim Lessons						
7:00	_ 5:15pm-6:40pm	(1 lane)						
7:30	========	4:30pm-5:10pm			CLOSED	CLOSED		
8:00			CLOSED	CLOSED				
	Open Swim 5:15pm-8:00pm							
	5.15pm 0.00pm							