



# YMCA SPRING POOL SCHEDULE 2023

FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

| DAY/TIME           | MONDAY                          | TUESDAY             | WEDNESDAY                       | THURSDAY            | FRIDAY                          | SATURDAY  |
|--------------------|---------------------------------|---------------------|---------------------------------|---------------------|---------------------------------|-----------|
| 7:00 am - 8:00 am  | Lap Swim                        | Lap Swim            | Lap Swim                        | Lap Swim            | Lap Swim                        |           |
| 8:00 am – 9:00 am  | Water Aerobics<br>Shallow Water | EZ Cardio           | Water Aerobics<br>Shallow Water | EZ Cardio           | Water Aerobics<br>Shallow Water |           |
| 8:00 am – 9:30 am  |                                 |                     |                                 |                     |                                 | Lap Swim  |
| 8:30 am – 9:30 am  | Water Aerobics<br>Deep Water    |                     | Water Aerobics<br>Deep Water    |                     | Water Aerobics<br>Deep Water    | Closed    |
| 9:00 am – 10:30 am |                                 | 5-J School          |                                 | 5-J School          |                                 |           |
| 9:30 am – 11:00 am |                                 |                     |                                 |                     |                                 | Open Swim |
| 11:00 am – 1:00 pm | Lap Swim                        | Lap Swim            | Lap Swim                        | Lap Swim            | Lap Swim                        |           |
| 1:30 pm – 3:00 pm  | School Swim Lessons             | School Swim Lessons | School Swim Lessons             | School Swim Lessons | Open Swim                       |           |
| 3:45 pm – 5:00 pm  | BST Swim Team                   | BST Swim Team       | BST Swim Team                   | BST Swim Team       | Private Lessons                 |           |
| 5:00 pm – 6:30 pm  | Lap Swim                        | Lap Swim            | Lap Swim                        | Lap Swim            | Lap Swim                        |           |

**OPEN SWIM RATES:**

| AGE   | COST                    |
|-------|-------------------------|
| 0-2   | Free w/paid adult       |
| 3-18  | \$4.00 per swim session |
| 19-59 | \$5.00 per swim session |
| 60+   | \$4.00 per swim session |

**DAY PASS RATES:**

| AGE   | COST              |
|-------|-------------------|
| 0-2   | Free w/paid adult |
| 3-18  | \$6.00            |
| 19-59 | \$10.00           |
| 60+   | \$8.00            |

\*Day Pass required for Lap Swim & Water Aerobics (Non-Members)