



# INDOOR POOL SCHEDULE

NORTHWEST FAMILY YMCA FALL/WINTER 2020

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Lane	5AM	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM					
		MONDAYS	1	L A P  S W I M	Lap Swim	Master Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool Closed at 8:45p		
2	Open Swim		Aqua Fitness			Open Swim																Swim Lessons	Open Swim
3																							
4																							
5																							
6																							
7																							
8																							
TUESDAYS		1		Lap Swim	Master Swim		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
	2	Open Swim	Aqua Fitness		Open Swim	Swim Lessons																Open Swim	
	3																						
	4																						
	5																						
	6																						
	7																						
	8																						
WEDNESDAYS	1			L A P  S W I M			Lap Swim	Master Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Lap Swim
	2	Open Swim	Aqua Fitness		Open Swim	Swim Lessons		Open Swim															
	3																						
	4																						
	5																						
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	7																						
	8																						
THURSDAYS	1			Lap Swim			Master Swim		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
	2	Open Swim	Aqua Fitness		Open Swim	Swim Lessons	Open Swim																
	3																						
	4																						
	5																						
	6																						
	7																						
	8																						
FRIDAYS	1			L A P  S W I M				Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
	2	Open Swim	Aqua Fitness		Open Swim																		
	3																						
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	6																						
	7																						
	8																						
SATURDAYS	1			Lap Swim		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool Closed at 5:45PM	
	2	Swim Lessons	Open Swim																				
	3																						
	4																						
	5																						
	6																						
	7																						
	8																						
SUNDAYS	1			Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool Closed at 5:15PM		
	2	Open Swim																					
	3																						
	4																						
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**Additional Information:**

- \*Lap lanes are for individuals swimming laps.
- \*Programs listed have priority over open recreational swimming.
- \*Lanes are double occupancy. Circle swimming is encouraged during busy times.
- \*The pool is open to members for recreational swimming when space is available during listed programming.