



# 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	LAP SWIM			Master Swim	Lap Swim			Lap Swim			Swim Team						Pool Closed at 8:45p	
	2																		
	3																		
	4																		
	5			Lap Swim															
	6							Aqua Fitness											
	7																		
	8				Open Swim					Open Swim				Swim Lessons		Open Swim			
TUESDAYS	1	LAP SWIM			Master Swim	Lap Swim			Lap Swim			Swim Team						Pool Closed at 8:45p	
	2																		
	3																		
	4																		
	5			Lap Swim															
	6							Aqua Fitness											
	7																		
	8				Open Swim					Open Swim				Swim Lessons		Open Swim			
WEDNESDAYS	1	LAP SWIM			Master Swim	Lap Swim			Lap Swim			Swim Team						Pool Closed at 8:45p	
	2																		
	3																		
	4																		
	5			Lap Swim															
	6							Aqua Fitness											
	7																		
	8				Open Swim					Open Swim				Swim Lessons		Open Swim			
THURSDAYS	1	LAP SWIM			Master Swim	Lap Swim			Lap Swim			Swim Team						Pool Closed at 8:45p	
	2																		
	3																		
	4																		
	5			Lap Swim															
	6							Aqua Fitness											
	7																		
	8				Open Swim					Open Swim				Swim Lessons		Open Swim			
FRIDAYS	1	LAP SWIM				Lap Swim			Lap Swim			Swim Team						Pool Closed at 8:45p	
	2																		
	3																		
	4																		
	5			Lap Swim															
	6							Aqua Fitness											
	7																		
	8				Open Swim					Open Swim				Open Swim					
SATURDAYS	1		8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM						Pool Closed at 5:45PM	
	2																		
	3																		
	4																		
	5																		
	6																		
	7					Swim Lessons													
	8								Open Swim										
SUNDAYS	1																	Pool Closed at 5:15PM	
	2																		
	3																		
	4																		
	5																		
	6																		
	7																		
	8																		

**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.