



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# NATATORIUM POOL SCHEDULE SUMMER 2024

June 1-August 31

\*\* Indicates a required fee

Classes						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SilverSplash 8:00-9:00 am Ruth	WATERinMOTION Original 9:30-10:30 am Serena	SilverSplash 8:00-9:00 am Ruth	WATERinMOTION Original 9:00-10:00 am Serena	Deep Water Workout 9:30-10:30 am Ruth	
	Deep Water Workout 9:00-9:45 am Bev		SilverSplash 9:15-10:00 am Susan W.	Deep Water Workout 10:00-10:45 am Susan W.	Deep Water Workout 10:45- 11:30am Susan F.	
	Deep Water Workout 10:00-10:45 am Bev		WATERinMOTION Strength 10:15-11:00 am Serena			
			Deep Water Workout 11:15am-12:00 pm Bev			
Swim Team						
	**YMCA Swim Team 5:30-8:00 pm	**YMCA Swim Team 5:30-8:00 pm	**YMCA Swim Team 5:30-8:00 pm	**YMCA Swim Team 5:30-8:00 pm	**YMCA Swim Team 5:30-8:00 pm	
Open Exercise, Open Swim & Family Swim						
Family Swim 1:00-5:00 pm	Open Exercise 5:00-8:00 am	Open Exercise 5:00-8:00 am	Open Exercise 5:00-8:00 am	Open Exercise 5:00-8:00 am	Open Exercise 5:00-8:00 am	Open Exercise 7:00-8:00 am
	Open Swim 12:00-4:30 pm	Open Swim 12:30-4:30 pm	Open Swim 12:00-4:30 pm	Open Swim 12:30-7:00 pm	Open Swim 12:00-3:30 pm	Family Swim 12:00-3:00 pm
	Family Swim 7:30-9:00 pm	Family Swim 7:00-9:00 pm	Family Swim 7:30-9:00 pm	Family Swim 7:00-9:00 pm	Family Swim 7:00-9:00 pm	



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# WARM WATER POOL SCHEDULE SUMMER 2024

June 1-August 31

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Classes						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Shallow Water Workout 8:00-9:00am Sharon		Shallow Water Workout 8:00-9:00am Sharon	Water Polo 9:00-10:00am <i>3<sup>rd</sup> Thursday of the Month</i>	Shallow Water Workout 8:00-9:00am Sharon	
Open Exercise, Open Swim & Family Swim						
Family Swim 1:00-5:00pm	Open Exercise 7:00-8:00am	Open Exercise 7:00am-12:00pm	Open Exercise 7:00-8:00am	Open Exercise 7:00-9:00am	Open Exercise 7:00-8:00am	Open Exercise 7:00-9:00am
	Open Swim 9:00am-12:00pm		Open Swim 9:00 am-12:00pm	Open Swim 9:00-10:30am	Open Swim 9:00am-12:00pm	Family Swim 11:00am-12:00pm
	Open Swim 4:00-7:00pm	Open Swim 4:00-7:00pm	Open Swim 4:00-7:00pm	Open Swim 11:00am-12:00pm	Open Swim 4:00-7:00pm	
				Open Swim 4:00-7:00pm		

Classes	
Shallow Water Workout – water workouts that focus on balance and stretching.	Water Polo – No registration required, drop in to play water polo.

Pool Hours of Operation		
Sunday	Monday - Friday	Saturday
1:00 pm-5:00 pm	7:00 am-12:00 pm	7:00 am-12:00 pm
	4:00 pm-7:00 pm	