



# POOL SCHEDULE

SUMMER JULY 1-AUG 30, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Masters Swim Club* 6-7:30	Seniors Swim Club* 6-7:30	Masters Swim Club* 6-7:30	Seniors Swim Club* 6-7:30		7:00AM	7:00AM
						Masters Swim Club* 7:30-9:00AM	
AFTERNOON	Hydro Fit 9:15-10:15	9:00AM	Hydro Fit 9:15-10:15	Hydro Fit 9:15-10:15		9:00AM	9:00AM
	10:30AM		10:30AM	10:30AM		10:00AM	
EVENING	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim
	GentleFit 12:45-1:45		GentleFit 12:45-1:45				
		Y After School Swim Camp 1:30PM---3PM		Y After School Swim Camp 1:30PM---3PM			
						7:00PM	7:00PM
							7:00PM
	9:00PM	9:00PM	9:00PM	9:00PM	9:00PM		

Summer Pool Hours: Monday - Friday 5:30am-9:00pm, Saturday 7:00am-7:00pm, Sunday 7:00am-7:00pm.

\*Masters Swim Club & Seniors Swim Club are for Y Members Only

Statutory Holidays 7:00am-7:00pm

Registered Programs	Swim Lessons	At the Y, we believe swimming is a critical life skill for every child and teen. We use a variety of fun methods to help kids overcome fears, build confidence in the water and develop skills that last a lifetime. Lessons are available for children, teens and adults, in both group and private settings.		
	Private Swim Lessons	<p><b>Times and dates vary depending on availability. 30 Minute lesson = \$25/each.</b>  <i>Please check with member services regarding availability.</i></p>		
General Activities	Lane Swim	All ages welcome to come and do lane swimming only.		
	Seniors Swim	This program is for seniors who love to swim in a competitive or non-competitive atmosphere.		
	Public Swim	Anyone is welcome to take a plunge during these public swim times, members and drop-ins.		
AquaFit	Hydro Fit	This water exercise class is for those looking for a light, low impact, joint-friendly workout. Improve core strength, endurance, range of motion, flexibility and balance. All levels welcome. Pre-Registration recommended		
	Gentle AquaFit	This water exercise class is for those looking for a light, low impact, joint-friendly workout. Improve core strength, endurance, range of motion, flexibility and balance. All levels welcome. Pre-Registration recommended		
<b>Downtown Y Summer</b>		<p><b>All Swim Programs are pre-registered and at various times. Please check our website or Member Services for availability.</b>  <b>250-372-7725</b></p>	<p><b><u>YMCA Pool &amp; Hot Tub Age Restrictions:</u></b>  Regardless of swimming ability, all children under 7 years of age must be within arm's reach of a responsible adult (age 16 or older) at all times.  Maximum 3 children for each responsible adult (16yrs or older) (3:1 ratio).</p>	<p><b>Last day pool open: August 30, 2024.</b>  <b>Annual pool maintenance shutdown August 31, 2024 - September 15, 2024</b></p>
<b>Hours:</b> Mon-Fri 5:30am-9:00pm Saturday 7:00am-7:00pm Sunday 7:00am-7:00pm Holidays - 7:00am-7:00pm				