



WALDO COUNTY YMCA Therapy Pool Schedule

The YMCA will be CLOSED on Thanksgiving
(11/22)

Sunday November 4- Saturday November 24

Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	5:00 - 5:30 AM	YMCA Closed	YMCA Closed	
					5:30 - 6:00 AM			
					6:00 - 6:30 AM			
					6:30 - 7:00 AM			
Therapeutic Open 7:00 - 8:30am Adults Only	Therapeutic Open 7:00 - 8:30 ADULTS ONLY	Therapeutic Open 7:00 - 8:00	Therapeutic Open 7:00 - 8:30 ADULTS ONLY	Therapeutic Open 7:00 - 8:30 ADULTS ONLY	7:00 - 7:30 AM	Pool Closed	YMCA Closed	
Aquacizing 8:30-9:30	Self Directed Exercise 8:30-9:30	Liquid Toning 8:00-8:45	Self Directed Exercise 8:30-9:30	Aquacizing 8:30-9:30	7:30 - 8:00 AM	Pool Closed		
Y Preschool Swim Lessons	Pool Closed WCGH Therapy Appointments 9:30 - 1:00	First Grade Swim Safety 9:30-10:30	Pool Closed WCGH Therapy Appointments 9:30 - 1:00	First Grade Swim Safety 9:30-10:30	8:00 - 8:30 AM			Pool Closed
		Life Skills Swim 10:30-11:30		Life Skills Swim 10:30-11:30	8:30 - 9:00 AM			
		Pool Closed		Pool Closed	9:00 - 9:30 AM			
Family Swim (max 25) 12:00-1:00	Therapeutic Open ADULTS ONLY 1-2pm	Family Swim (max 25) 12:00-1:00	Therapeutic Open ADULTS ONLY 1-2pm	Family Swim (max 25) 12:00-1:00	9:30 - 10:00 AM	Family Swim (Max 25) 12:30-2:00	Pool Closed	
Therapeutic Open ADULTS ONLY 1-2pm		Therapeutic Open ADULTS ONLY 1-2pm		Therapeutic Open ADULTS ONLY 1-2pm	10:00 - 10:30 AM		Rental 12:30-1:30	
		Therapeutic Open ADULTS ONLY 1-2pm		Therapeutic Open ADULTS ONLY 1-2pm	10:30 - 11:00 AM			Rental 1:30-2:30
		Therapeutic Open ADULTS ONLY 1-2pm		Therapeutic Open ADULTS ONLY 1-2pm	11:00 - 11:30 AM			
Pool Closed	Pool Closed	Pool Closed WCGH Therapy	Pool Closed	Pool Closed	11:30 AM - Noon	Pool Closed	Pool Closed	
		Pool Closed		Pool Closed	Noon 12:30 PM		Rental 2:30-3:30	
		Aqua Movement 4:45-5:30		Bus Stop Care Swim 4:00-4:45	Family Swim (max 25) 3:30-4:30			Rental 3:30-4:30
		Therapeutic Open 5:30 - 6:30		Pool Closed	Aqua Movement 4:45-5:30		Pool Closed	4:00 - 4:30 PM
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	5:00 - 5:30 PM	YMCA Closed	YMCA Closed	
					5:30 - 6:00 PM			
					6:00 - 6:30 PM			
					6:30 - 7:00 PM			
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	7:00 - 7:30 PM	YMCA Closed	YMCA Closed	
					7:30 - 8:00 PM			
					8:00 - 8:30 PM			
					8:30 - 9:00 PM			

Pool Hours
 Monday-Thursday 5:30am- 8:30pm
 Fridays: 5:30am-5:30pm
 Saturdays 8:00am-4:30pm
 Sundays: 12:30pm-4:30pm

Pool schedules are subject to change at the discretion of the Aquatics Department.

AGE REQUIREMENTS - Open Swim Times:

- Children 6 and under must remain within arms reach of an adult in the Natatorium.
- Children 7 to 10 must have an adult present in the natatorium.
- Children 11 and 12 must have an adult present in the building.

Anyone under 14 is required to take a swim test and wear a green bracelet in order to swim in the deep-end.

 Family Swim	 Adult Therapy
 Aqua Fitness	 Bluefish
 Swim Lessons	 Youth Development
 Lap Swim	 Rental

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