

THE THERAPY POOL SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:00 - 5:30 AM	YMCA Closed	Pool Closed					YMCA Closed			
5:30 - 6:00 AM		Pool Closed								
6:00 - 6:30 AM		Pool Closed								
6:30 - 7:00 AM		Pool Closed								
7:00 - 7:30 AM		ADULTS ONLY Therapeutic Open 7:00 - 8:30						ADULTS ONLY Therapeutic Open 7:00 - 8:30	Pool Closed	
7:30 - 8:00 AM		ADULTS ONLY Therapeutic Open 7:00 - 8:30						ADULTS ONLY Therapeutic Open 7:00 - 8:30	Adult Beginner	
8:00 - 8:30 AM		ADULTS ONLY Therapeutic Open 7:00 - 8:30						ADULTS ONLY Therapeutic Open 7:00 - 8:30	Pool Closed	
8:30 - 9:00 AM		Aquacizing 8:30 - 9:30						Aquacizing 8:30 - 9:30	Pre School Lessons	
9:00 - 9:30 AM		Pre-School Lessons						YMCA Pre-School Lessons	Parent Child Lessons	
9:30 - 10:00 AM		Parent Child						Closed for WCGH Therapy 9:30 - 1:00	Level 1 10:15-11:00	
10:00 - 10:30 AM		Family Open 10:30 - Noon							Family Open 10:30 - Noon	Level 2 11:15-12:00
10:30 - 11:00 AM		Family Open 10:30 - Noon							Family Open 10:30 - Noon	
11:00 - 11:30 AM		Family Open 10:30 - Noon						Family Open 10:30 - Noon	Pool Closed	
11:30 AM - Noon	Pool Closed					Pool Closed	Pool Closed			
Noon 12:30 PM	Pool Closed					Pool Closed	Pool Closed			
12:30 - 1:00 PM	Rental Available 12:30 - 1:30	ADULTS ONLY Therapeutic Open 1:00 - 2:00					ADULTS ONLY Therapeutic Open 1:00 - 2:00	Family Open 1:00-2:30		
1:00 - 1:30 PM	Rental Available 1:30 - 2:30	ADULTS ONLY Therapeutic Open 1:00 - 2:00					ADULTS ONLY Therapeutic Open 1:00 - 2:00	Pool Closed		
1:30 - 2:00 PM	Rental Available 2:30 - 3:30	Pool Closed					Pool Closed	Rental Available 2:30 - 3:30		
2:00 - 2:30 PM	Rental Available 3:30 - 4:30	Pool Closed					Pool Closed	Rental Available 3:30 - 4:30		
2:30 - 3:00 PM	Pool Closed					Pool Closed	Pool Closed			
3:00 - 3:30 PM	Pool Closed					Pool Closed	Pool Closed			
3:30 - 4:00 PM	Pool Closed					Pool Closed	Pool Closed			
4:00 - 4:30 PM	Pool Closed					After-Care Program 4:00-5:00	Arthritis 4:45 - 5:30			
4:30 - 5:00 PM	Pool Closed					Arthritis 5:00 - 6:00	Pool Closed			
5:00 - 5:30 PM	Arthritis 5:00 - 6:00					Chi-Gong Aquatics 5:00-6:00pm	Arthritis 5:00 - 6:00			
5:30 - 6:00 PM	Arthritis 5:00 - 6:00					Chi-Gong Aquatics 5:00-6:00	Chi-Gong Aquatics 5:00-6:00			
6:00 - 6:30 PM	Family Open 6:00-7:00					Family Open 6:00 - 7:00	Family Open 6:00 - 7:30			
6:30 - 7:00 PM	Family Open 6:00-7:00					Family Open 6:00 - 7:00	Family Open 6:00 - 7:30			
7:00 - 7:30 PM	H2O Warrior 7:00 - 8:00					Intro to Aqua Aerobics 7:00 - 8:00	YMCA Closed			
7:30 - 8:00 - PM	H2O Warrior 7:00 - 8:00					Intro to Aqua Aerobics 7:00 - 8:00	YMCA Closed			
8:00 - 8:30 PM	Pool Closed					Pool Closed	Pool Closed			
8:30 - 9:00 PM	Pool Closed					Pool Closed	Pool Closed			

FEES: Lap & Open Swim
Free - Annual & 3-Month Members
Daypass - Non-members
\$5/youth
\$10/adult
\$20/family maximum

AGE REQUIREMENTS - Open Swim Times:

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

