



WALDO COUNTY YMCA Therapy Pool Schedule

Sunday December 30- Saturday March 23

SPECIAL OLYMPICS
Friday March 8th
Pools Closed 8:30 am-1:00 pm

| 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 | PS Water Acclimation | |
| Y Preschool Swim Lessons | Pool Closed WCGH Therapy Appointments 9:30 - 1:00 | Pool Closed | Pool Closed WCGH Therapy Appointments 9:30 - 1:00 | First Grade Swim Safety 9:30-10:30 | 8:00 - 8:30 AM | Water Discovery | |
| | | Life Skills Swim 10:30-11:30 | | | 8:30 - 9:00 AM | SA Water Acclimation | |
| | | Pool Closed | | | 9:00 - 9:30 AM | PS Water Acclimation | |
| | | Family Swim (max 25) 12:00-1:00 | | | 9:30 - 10:00 AM | PS Water Movement | |
| Therapeutic Open ADULTS ONLY 1-2pm | Therapeutic Open ADULTS ONLY 1-2pm | Therapeutic Open ADULTS ONLY 1-2pm | Therapeutic Open ADULTS ONLY 1-2pm | Therapeutic Open ADULTS ONLY 1-2pm | 10:00 - 10:30 AM | PS Water Movement | |
| Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed | 10:30 - 11:00 AM | PS Water Stamina | |
| | | WCGH Therapy | | | 11:00 - 11:30 AM | SA Water Movement | |
| | | Pool Closed | | | 11:30 AM - Noon | Pool Closed | |
| | | Family Swim (max 25) 4:30-6:00 | | | Family Swim (max 25) 12:00-1:00 | Noon 12:30 PM | 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 | Therapeutic Open ADULTS ONLY 1-2pm | 12:30 - 1:00 PM | Pool Closed | |
| Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed | 1:00 - 1:30 PM | Pool Closed | |
| | | WCGH Therapy | | | 1:30 - 2:00 PM | Rental | |
| | | Pool Closed | | | 2:00 - 2:30 PM | Rental | |
| | | Family Swim (max 25) 4:30-6:00 | | | 2:30 - 3:00 PM | Rental | |
| Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed | 3:00 - 3:30 PM | Rental | |
| | | WCGH Therapy | | | 3:30 - 4:00 PM | Rental | |
| | | Pool Closed | | | 4:00 - 4:30 PM | Rental | |
| | | Family Swim (max 25) 5:30-7:00 | | | 4:30 - 5:00 PM | Pool Closed | |
| Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed | 5:00 - 5:30 PM | YMCA Closed | |
| | | WCGH Therapy | | | 5:30 - 6:00 PM | YMCA Closed | |
| | | Pool Closed | | | 6:00 - 6:30 PM | YMCA Closed | |
| | | Family Swim (max 25) 5:30-7:00 | | | 6:30 - 7:00 PM | YMCA Closed | |
| Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed | 7:00 - 7:30 PM | Pool Hours Monday-Thursday 5:30am- 7:30pm Fridays: 5:30am-5:30pm Saturdays 8:00am-4:30pm Sundays: 12:30pm-4:30pm | |
| | | WCGH Therapy | | | 7:30 - 8:00 PM | | |
| | | Pool Closed | | | 8:00 - 8:30 PM | | |
| | | Family Swim (max 25) 5:30-7:00 | | | 8:30 - 9:00 PM | | |

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.

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

www.waldocountyymca.org

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