



WALDO COUNTY YMCA Therapy Pool Schedule

Sunday March 25- Saturday May 19

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 - 8:30 ADULTS ONLY	Therapeutic Open 7:00 - 8:30 ADULTS ONLY	Therapeutic Open 7:00 - 8:30 ADULTS ONLY	7:00 - 7:30 AM	Pool Closed		
Aquasizing 8:30-9:30	Self Directed Exercise 8:30-9:30	Self Directed Exercise 8:30-9:30	Aqua Yoga ♥ 8:30-9:30	Aquasizing 8:30-9:30	7:30 - 8:00 AM	PS2 Ray 8:00-8:30		
Pool Closed	WCGH Therapy Appointments 9:30 - 1:00	First Grade Swim Safety 9:30-10:30	WCGH Therapy Appointments 9:30 - 1:00	First Grade Swim 9:30-10:30	8:30 - 9:00 AM	PS3 Starfish 8:30-9:00		
YPS Lessons		Lifeskills Swim 10:30-11:30		Lifeskills Swim 10:30-11:30	9:00 - 9:30 AM	L1 Pollywog 9:00-9:45		
YPS Lessons		Family Swim (max 25) 11:30-12:30		Family Swim (max 25) 11:30-12:30	Family Swim (max 25) 11:30-12:30	10:00 - 10:30 AM		Parent Child 10:00-10:30
YPS Lessons						11:00 - 11:30 AM		PS1 Pike 10:30-11:00
YPS Lessons		Pool Closed		Pool Closed	Pool Closed	11:30 AM - Noon	L2 Guppy 11:00-11:45	
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	Noon 12:30 PM	Pool Closed		
YPS Lessons	Cornerspring Montessori Lessons	Pool Closed WCGH Therapy	Pool Closed	Private Lessons	12:30 - 1:00 PM	Family Swim (Max 25) 12:30-2:00	Pool Closed	
Private Lessons		Pool Closed	Teen Access 3:00-3:45	Private Lessons	1:00 - 1:30 PM		Rental 12:30-1:30	
Private Lessons	Pool Closed	Parent Child 3:30-4:00	After Care 4:00-4:45	Family Swim (max 25) 3:30-4:30	1:30 - 2:00 PM	Pool Closed	Rental 1:30-2:30	
PS1 Pike 4:00-4:30		Aqua Movement 4:45-5:30	Therapeutic Open 5:15-6:00	Aqua Movement 4:45-5:30	2:00 - 2:30 PM	Rental 2:30-3:30	Rental 2:30-3:30	
PS1 Pike 4:30-5:00		Therapeutic Open 5:30 - 6:30	Family Swim (max 25) 6:00-7:30	Therapeutic Open 5:15-6:00	2:30 - 3:00 PM	Rental 2:30-3:30	Rental 2:30-3:30	
Therapeutic Open ADULTS ONLY 5:15-6:00				Family Swim (max 25) 6:00-7:30	3:00 - 3:30 PM	Rental 3:30-4:30	Rental 3:30-4:30	
Family Swim (max 25) 6:00-7:30	Family Swim (max 25) 6:00-7:30	Pool Closed	Family Swim (max 25) 6:00-7:30	Pool Closed	3:30 - 4:00 PM	Pool Closed	Pool Closed	
Pool Closed	Pool Closed		Pool Closed	Pool Closed	4:00 - 4:30 PM	YMCA Closed	YMCA Closed	
					4:30 - 5:00 PM	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> Pool Hours Monday-Thursday 5:30am- 8:30pm Fridays: 5:30am-5:30pm Saturdays 8:00am-4:30pm Sundays: 12:30pm-4:30pm </div>		
					5:00 - 5:30 PM			
					5:30 - 6:00 PM			
					6:00 - 6:30 PM			
					6:30 - 7:00 PM			
					7:00 - 7:30 PM			
					7:30 - 8:00 PM			
					8:00 - 8:30 PM			
					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.

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