



WALDO COUNTY YMCA Therapy Pool Schedule

Sunday September 10 – Saturday October 14, 2017

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 (9/25) 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 (9/29) 8:30-9:30	7:30 - 8:00 AM	PS1 Pike 8:00-8:30	
					8:00 - 8:30 AM	Parent and Child 8:30-9:00	
					8:30 - 9:00 AM	L1 Pollywog 9:00-9:45	
					9:00 - 9:30 AM	L2 Guppy 10:00-10:45	
					9:30 - 10:00 AM	PS2 Ray 11:00-11:30	
Pool Closed	Pool Closed WCGH Therapy Appointments 9:30 - 1:00	Lifeskills Swim 9:30-10:30	Pool Closed WCGH Therapy Appointments 9:30 - 1:00	Lifeskills Swim 9:30-10:30	10:00 - 10:30 AM	PS3 Starfish 11:30-12:00	
Family Swim (max 25) 11:30-12:30		Pool Closed		Pool Closed	Family Swim (max 25) 11:30-12:30	10:30 - 11:00 AM	Pool Closed
Pool Closed		Family Swim (max 25) 11:30-12:30		Pool Closed	11:00 - 11:30 AM		
		Pool Closed		Pool Closed	11:30 AM - Noon		
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	Family Swim (Max 25) 12:30-2:00	
Private Lessons	Pool Closed	Pool Closed	Pool Closed	Private Lessons	1:00 - 1:30 PM	Pool Closed	
Private Lessons			Private Lessons	2:00 - 2:30 PM			
Private Lessons			Private Lessons	2:30 - 3:00 PM			
Private Lessons			Private Lessons	3:00 - 3:30 PM			
Private Lessons			Private Lessons	3:30 - 4:00 PM			
Private Lessons			Private Lessons	4:00 - 4:30 PM			
		Arthritis ♥ 4:45-5:30	Teen Access 3:00-3:45	Family Swim (max 25) 3:30-4:30	4:30 - 5:00 PM	Rental 2:30-3:30	
Therapeutic Open ADULTS ONLY 5:15-6:00		Therapeutic Open 5:15-6:00	After Care 4:00-4:45	Arthritis ♥ 4:45-5:30	5:00 - 5:30 PM	Rental 3:30-4:30	
Family Swim (max 25) 6:00-7:30	Family Swim (max 25) 6:00-7:30	Therapeutic Open 5:30 - 6:30	Therapeutic Open 5:15-6:00	Pool Closed	5:30 - 6:00 PM	Pool Closed	
		Pool Closed	Family Swim (max 25) 6:00-7:30	Pool Closed	6:00 - 6:30 PM	YMCA Closed	
Pool Closed	Pool Closed		Pool Closed	YMCA Closed	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 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