



WALDO COUNTY YMCA Therapy Pool Schedule

Sunday May 20- Saturday June 23

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	
Self-Directed Exercise 8:30-9:30	Self Directed Exercise 8:30-9:30	Self Directed Exercise 8:30-9:30	Aqua Yoga ♥ 8:30-9:30	Self-Directed Exercise 8:30-9:30	8:00 - 8:30 AM	PS2 Ray 8:00-8:30	
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	8:30 - 9:00 AM	PS3 Starfish 8:30-9:00	
Family Swim (max 25) 11:30-12:30		Pool Closed		Pool Closed	9:00 - 9:30 AM	L1 Pollywog 9:00-9:45	
Private Lessons		Pool Closed		Pool Closed	9:30 - 10:00 AM	Parent Child 10:00-10:30	
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	PS1 Pike 10:30-11:00	
Private Lessons	Pool Closed	Pool Closed WCGH Therapy	Pool Closed	Private Lessons	10:30 - 11:00 AM	L2 Guppy 11:00-11:45	
Private Lessons		Pool Closed	Teen Access 3:00-3:45	Family Swim (max 25) 11:30-12:30	11:00 - 11:30 AM	Pool Closed	
Private Lessons		Pool Closed	After Care 4:00-4:45	Pool Closed	Private Lessons	Noon 12:30 PM	Family Swim (Max 25) 12:30-2:00
Private Lessons		Aqua Movement 4:45-5:30	Therapeutic Open 5:15-6:00	Pool Closed	Private Lessons	1:00 - 1:30 PM	Rental 12:30-1:30
PS2 Pike 4:00-4:30		Therapeutic Open 5:30 - 6:30	Therapeutic Open 5:15-6:00	Pool Closed	Private Lessons	1:30 - 2:00 PM	Rental 1:30-2:30
Private Lessons		Pool Closed	Therapeutic Open 5:15-6:00	Pool Closed	Family Swim (max 25) 3:30-4:30	2:00 - 2:30 PM	Rental 2:30-3:30
Therapeutic Open ADULTS ONLY 5:15-6:00	Family Swim (max 25) 6:00-7:30	Therapeutic Open 5:30 - 6:30	Family Swim (max 25) 6:00-7:30	Aqua Movement 4:45-5:30	2:30 - 3:00 PM	Rental 2:30-3:30	
Family Swim (max 25) 6:00-7:30	Family Swim (max 25) 6:00-7:30	Pool Closed	Pool Closed	Pool Closed	3:00 - 3:30 PM	Rental 3:30-4:30	
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	3:30 - 4:00 PM	Pool Closed	
					4:00 - 4:30 PM	Pool Closed	
					4:30 - 5:00 PM	YMCA Closed	
					5:00 - 5:30 PM	Pool Hours Monday-Thursday 5:30am- 8:30pm Fridays: 5:30am-5:30pm Saturdays 8:00am-4:30pm Sundays: 12:30pm-4:30pm	
					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