

INDOOR POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Lap Swim 5:30 am - 8 am 4 Lanes	Lap Swim 5:30 am - 8:45 am 4 Lanes	Lap Swim 5:30 am - 8 am 4 Lanes	Lap Swim 5:30 am - 8:45 am 4 Lanes	Lap Swim 5:30 am - 8 am 4 Lanes		
8:00 AM	Water Duo 8 - 8:45 am 1 lane		Water Duo 8 - 8:45 am 1 lane		Water Duo 8 - 8:45 am 1 lane	Lap Swim 8 - 9:30 am 4 lanes	
8:45 AM		Power Water		Power Water			
9:00 AM	Aqua Sculpt 9 - 9:45 am No lane	8:45 - 9:45 am 1 lane	Aqua Sculpt 9 - 9:45 am No lane	8:45 - 9:45 am 1 lane	Aqua Sculpt 9 - 9:45 am No lane		
9:30 AM						Power Water	
9:45 AM		Open/Family Swim		Open/Family Swim		9:30 - 10:30 am 1 lane	
10:00 AM	Twinges in Hinges	9:45 am - 4:15 pm	Twinges in Hinges	9:45 am - 4:15 pm	Twinges in Hinges		
10:30 AM	10 - 10:45 am No lane	1 - 2 lanes	10 - 10:45 am No lane	1 - 2 lanes	10 - 10:45 am No lane	Swim Lessons 10:30 - 12 noon 1 - 2 lanes	
11:00 AM	Open Swim		Open/Family Swim		Open/Family Swim		
12 Noon	11 am - 4:15 pm		11 am - 4 pm		11 am - 8:45 pm	PYSCES Practice	
1:30 PM	1 - 2 lanes		1 - 2 lanes		1 - 2 lanes	12 - 1 pm 1 lane	Family Swim 1:30 - 5:45 pm 1 - 2 lanes
4:15 PM	Swim Lessons 4:15 - 6:30 pm 1 - 2 lanes	Swim Lessons 4:15 - 6:30 pm 1 - 2 lanes	Swim Lessons 4:15 - 6:30 pm 1 - 2 lanes	Swim Lessons 4:15 - 6:30 pm 1 - 2 lanes		Family Swim 1 - 5:45 pm 1 - 2 lanes	
6:30 PM	PYSCES Practice 6:30 - 7:30 pm 1 lane	Aqua Zumba 6:30 - 7:30 pm 1 lane	Open Swim 6:30 - 8:45 pm 1 - 2 lanes	PYSCES Practice 6:30 - 7:30 pm 1 lane			
7:30 PM	Open Swim 7:30 - 8:45 pm 1 - 2 lanes	Open Swim 7:30 - 8:45 pm 1 - 2 lanes		Open Swim 7:30 - 8:45 pm 1 - 2 lanes			

Feb 3 - May 31, 2020

Whether there are **1 or 2 lanes** is dependent upon the number of people in the pool at the time. Guards will put in a second lane if they are able

Open and/or Family Swim times indicate when children may swim according to the Safety Swim Test Procedures.

Florence Family YMCA

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