



RITE-HITE FAMILY YMCA

POOL SCHEDULE

Fall 2016: Sept. 12 - Dec. 23

LARGE POOL (Lap pool)

The time is listed first in each box. It is followed by pool space, activities going on, and how many lap lanes will be available.
 When multiple activities are listed, the underlined time is followed by the activity that will be occurring.
 Lap lanes are for continuous lap swimmers only. Please use open swim space for aqua jogging, stretching, aerobics, etc.

This color box indicates **limited** pool space: either no shallow open swim OR few/no lap lanes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hrs: 8:00-6:30	Hrs: 5:30-8:30	Hrs: 5:30-8:30	Hrs: 5:30-8:30	Hrs: 5:30-8:30	Hrs: 5:30-8:30	Hrs: 6:30-6:30
	5:30-9:00 am Open exercise 3 lap lanes	5:30-9:00 am Open exercise 3 lap lanes	5:30-9:00 am Open exercise 3 lap lanes	5:30-9:00 am Open exercise 3 lap lanes	5:30-9:00 am Open exercise 3 lap lanes	6:30-8:45 Open exercise 3 lap lanes
8:00-3:45 Open swim 3 or 4 lap lanes	9:00-11:30 am Water EX: limited space 1 or 2 lap lanes & No shallow open swim	9:00am - Noon Water EX: limited space 1 or 2 lap lanes & No shallow open swim	9:00-11:30 am Water EX: limited space 1 or 2 lap lanes & No shallow open swim	9:00am - Noon Water EX: limited space 1 or 2 lap lanes & No shallow open swim	9:00-11:30 am Water EX: limited space 1 or 2 lap lanes & No shallow open swim	8:45-11:30 Swim lessons: limited space 1 lap lane
	11:30-4:45 Open swim 3 lap lanes	12:00-4:45 Open swim 3 lap lanes	11:30-4:45 Open swim 3 lap lanes	12:00-4:45 Open swim 3 lap lanes		11:30-1:00 Open swim 3 lap lanes
	5:00-6:00 Joint Movement: deep end only & <u>4:45-6:45</u> Swim lessons: limited space	4:45-6:45 Swim lessons: limited space 1 lap lane	4:45-6:45 Swim lessons: limited space 1 lap lane	4:45-6:45 Swim lessons: limited space 1 lap lane	4:45-6:45 Swim lessons: limited space 1 lap lane	11:30-8:30 Open swim 3 lap lanes
3:45-6:30 pm Swim lessons: limited space 1 lap lane	6:45-7:30 Aqua Zumba: limited space No shallow open swim	6:45-7:30 Aqua Zumba: limited space No shallow open swim	6:45-8:30 pm Open swim 3 lap lanes	6:45-7:30 Aqua Zumba: limited space No shallow open swim		2:00-6:30 Open swim 3 lap lanes
	7:30-8:30 pm Open swim 3 lap lanes	7:30-8:30 pm Open swim 3 lap lanes		7:30-8:30 pm Open swim 3 lap lanes	7:30-8:30 pm Open swim 3 lap lanes	