



M. E. Lyons YMCA Indoor Pool April 14 - May 31



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:45 AM	Adult Lap	Adult Lap Swim 5:45-8:00					Syncro*** 6:00-7:30	
7:00 AM								
8:00 AM		Just My Speed 8:00-8:55	Open Swim* 8:00-9:00	Just My Speed 8:00-8:55	Open Swim* 8:00-9:00	Just My Speed 8:00-8:55	Swim Team 7:30-8:30	
9:00 AM		Deep Water/ Water Motion 9:00-9:55	Core and More 9:15-10:00	Deep Water/ Water Motion 9:00-9:55	Core and More 9:15-10:00	Power Movers/ Water Motion 9:00-9:55	Adapted Lessons 8:30-10:00	
10:00 AM		Swim Lessons 10:05-12:05 Arthritis 10:00-10:55 Deep Water 11:00-11:55	Swim Lesson 10:05-12:05 Deep Water 10:00-10:55	Swim Lessons 10:05-12:05 Arthritis 10:00-10:55 Deep Water 11:00-11:55	Swim Lesson 10:05-12:05 Deep Water 10:-10:55	Swim Lesson 10:05-12:05	Swim Lesson 10:05-12:05	
11:00 AM							Deep Water 11:00-11:55	
12:00 PM	Adult Lap 12:00-2:00	Lap Swim 12:15-1:30						
1:00 PM		Swim Lessons* 1:30-3:00					Adaptive 1:30-2:30	
2:00 PM								
3:00 PM	Open Swim* 2:00-6:00	Open Swim 3:00-4:00						
4:00 PM		Swim Lessons 4:00-5:30	Swim Team 4:00-5:30	Swim Lessons 4:00-5:30	Swim Team 4:00-5:30	Syncro 4:00-5:30	Open Swim 2:30-6:00	
5:00 PM		Swim Team 5:30-7:30	Open Swim 5:30-6:30	Swim Team 5:30-7:30	Open Swim 5:30-6:30			
6:00 PM							Pool Facts:	
7:00 PM	Scuba 6:00-8:00	Open Swim* 7:30-10:00 TNT 7:30-8:25 Syncro (deep only) 8:30-9:30	Swim Lessons 6:30-8:00	Open Swim* 7:30-10:00 Water Combo 7:30-8:15	Swim Lessons 6:30-8:00	Open Swim* 5:30-10:00	Average H2O Temp. 84 Air Temp 84 Water Dep. 3-10 feet	
8:00 PM			Deep Water 7:30-8:25		Deep Water 7:30-8:25			
9:00 PM		Lap Swim 8:30-10:00	Lap Swim 8:30-10:00					
10:00 PM	Indoor Pool Closes at 10:00pm Monday thru Friday							

*One or two lap lanes are available

***Syncro will use 4 lanes, lap swimming is available in 2 lanes

Schedule is subject to change without notice due to programming needs.