



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

September 2023: Program Pool Schedule

MONDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:15AM-9:00AM	OPEN	WF	WF	WF	WF	CLOSED
9:00AM-10:15AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
10:15AM-11:00AM	OPEN	WF	WF	WF	WF	CLOSED
11:00AM-4:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4:45PM-7:15PM	OPEN	SL	SL	SL	SL	CLOSED
7:15PM-8PM	OPEN	WF	WF	WF	WF	CLOSED
8-8:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

TUESDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:15AM-9AM	OPEN	WF	WF	WF	WF	CLOSED
9AM-10:15AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
10:15AM-11:45AM	OPEN	WF	WF	WF	WF	CLOSED
11:45AM-4:30PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4:30PM-7:30PM	OPEN	SL	SL	SL	SL	CLOSED
7:30PM-8:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

WEDNESDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:15AM-8:00AM	OPEN	WF	WF	WF	WF	CLOSED
8:00AM-9:15AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
9:15AM-11:00AM	OPEN	WF	WF	WF	WF	CLOSED
11:00AM-4:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4:45PM-7:10PM	OPEN	SL	SL	SL	SL	CLOSED
7:10-8:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

THURSDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00AM-8:15AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
8:15AM-11:45AM	OPEN	WF	WF	WF	WF	CLOSED
11:45AM-4:30PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4:30PM-7:30PM	OPEN	SL	SL	SL	SL	CLOSED
7:30PM-8:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

FRIDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:15AM-9:00AM	OPEN	WF	WF	WF	WF	CLOSED
9:00AM-10:15AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
10:15AM-11:00AM	OPEN	WF	WF	WF	WF	CLOSED
11:00AM-7:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

SATURDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00AM-9AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
9:00AM-11:30	OPEN	SL	SL	SL	SL	CLOSED
11:30-4:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

SUNDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
12:00PM-1:15PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
1:15PM-3:30PM	OPEN	OPEN	OPEN	SL	SL	OPEN
3:30-4:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

KEY
WF -Water Fitness Class
SL -Swim lessons Programming

JERRY LONG FAMILY YMCA

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Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.