

# SLATE BELT POOL SCHEDULE

# NOVEMBER

| Monday        |                     |           |
|---------------|---------------------|-----------|
| Time          | Program             | Lanes     |
| 6:30 AM-1PM   | Lap Swim            | L 1-4     |
| 6:30-8:15 AM  | PWW                 | L 5-6     |
| 8:15-10 AM    | Lap Swim            | L 1-4     |
| 8:15-9 AM     | Aquacise            | L 5-6     |
| 9:15-10 AM    | Aquacise            | L 5-6     |
| 10:15 AM-1 PM | PWW                 | L 5-6     |
| 1 PM-3 PM     | Pool Closed         | All Lanes |
| 3-7:30 PM     | Lap Swim            | L 1-4     |
| 4:45-5:15 PM  | Deep Water Aerobics | L 5-6     |
| 5:30-6:15 PM  | AquaFit             | L 5-6     |
| 6:15-7:30 PM  | Open Swim           | L 5-6     |

| Wednesday    |                     |           |
|--------------|---------------------|-----------|
| Time         | Program             | Lanes     |
| 6:30-8:15 AM | Lap Swim            | L 1-4     |
| 6:30-8:15 AM | PWW                 | L 5-6     |
| 8:15-9 AM    | Lap Swim            | L 1-3     |
| 8:15-9 AM    | AOA AquaFit         | L 4-6     |
| 9 AM-4:45 PM | Lap Swim            | L 1-3     |
| 9 AM-4:45PM  | Open Swim           | L 4-6     |
| 4:45-5:15 PM | Deep Water Aerobics | L 4-6     |
| 4:45-5:30 PM | Swim Lessons        | L 1-3     |
| 5:30-7:30 PM | Closed for Programs | All Lanes |

| Friday            |               |       |
|-------------------|---------------|-------|
| Time              | Program       | Lanes |
| 6:30-10:30 AM     | Lap Swim      | L 1-4 |
| 6:30-10:30 AM     | PWW           | L 5-6 |
| 10:30-11:15 AM    | Aquacise      | L 4-6 |
| 11:30 AM-12:15 PM | AOA Aqua Step | L 4-6 |
| 12:15 AM-7:30 PM  | Lap Swim      | L 1-4 |
| 12:15 PM-7:30PM   | Open Swim     | L 5-6 |

| Sunday            |                        |       |
|-------------------|------------------------|-------|
| Time              | Program                | Lanes |
| 10:30-11:30 AM    | Lap Swim               | L 1-4 |
| 10:30-11:30 AM    | Open Swim              | L 5-6 |
| 11:30 AM-12:15 PM | Lap Swim               | L 1-3 |
| 11:30 AM-12:15 PM | Aqua Step <b>11/17</b> | L 4-6 |
| 12:15-1:45 PM     | Lap Swim               | L 1-4 |
| 12:15-1:45 PM     | Open Swim              | L 5-6 |

**Children 12 and younger must participate in a swimming skills assessment** and will be provided a colored wristband based on their swimming ability. Once tested, each time a child comes into the Y for open or family swim they will need to acquire their color-appropriate wristband from the Welcome Center when checking in. For additional information, please review our [Test, Mark, Protect Parent Guidelines](#).

We apologize for the scheduled pool closures and encourage members to find an alternative time to use our pool. We are working to secure additional staffing and hope to be able to eliminate the scheduled pool closures in the future. Thank you for your patience!

Pool schedules for River Crossing YMCA branches are available online at [www.ymcabhc.org](http://www.ymcabhc.org)

| Tuesday       |           |       |
|---------------|-----------|-------|
| Time          | Program   | Lanes |
| 6:30-8:15 AM  | Lap Swim  | L 1-4 |
| 6:30-8:15 AM  | PWW       | L 5-6 |
| 8:15-10 AM    | Lap Swim  | L 1-3 |
| 8:15-9 AM     | Aquacise  | L 4-6 |
| 9:15-10 AM    | Aquacise  | L 4-6 |
| 10:15-7:30 PM | Lap Swim  | L 1-4 |
| 10:15-7:30 PM | Open Swim | L 5-6 |

| Thursday      |              |           |
|---------------|--------------|-----------|
| Time          | Program      | Lanes     |
| 6:30 AM-12 PM | Lap Swim     | L 1-3     |
| 6:30AM -10 AM | PWW          | L 4-6     |
| 12-5:45 PM    | Lap Swim     | L 1-4     |
| 12-12:45 PM   | AOA Step     | L 4-6     |
| 12:45-5:45 PM | Open Swim    | L 5-6     |
| 5:45-7 PM     | Lap Swim     | L 2-4     |
| 5:45-7 PM     | Swim Lessons | L 1, 5-6  |
| 7-7:30 PM     | Open Swim    | All Lanes |

| Saturday   |                               |       |
|------------|-------------------------------|-------|
| Time       | Program                       | Lanes |
| 9-10 AM    | Lap Swim                      | L 1-3 |
| 9-10 AM    | PWW                           | L 5-6 |
| 9-9:45 AM  | Aqua Step <b>11/23, 11/30</b> | L 4-6 |
| 10 AM-3 PM | Lap Swim                      | L 1-4 |
| 10 AM-3 PM | Open Swim                     | L 5-6 |

| Key                                  |  |
|--------------------------------------|--|
| <b>Lap Swim:</b>                     | Generally reserved for children 12+ using the lane productively  |
| <b>Personal Water Workout (PWW):</b> | Independent water walking, jogging, or aqua fitness  |
| <b>OPEN SWIM:</b>                    | Lanes are available for all types of swimmers including lap swimmers, aqua jogging, and families. During open swim, please share lanes with swimmers doing similar activities. |

| ONE TIME POOL CLOSURES |              |           |
|------------------------|--------------|-----------|
| Date                   | Time         | Lanes     |
| Nov 4 - LG Training    | 6:30-7:30 PM | All Lanes |
| Nov 7 - Aqua Steps     | 4:30-5:15 PM | L 4-6     |
| Nov 27 - Aquacise      | 2:00-2:45 PM | L 4-6     |

Pool will be closed to members during the above times due to scheduled pool rentals.

**IMPORTANT NOTE:** While we try to adhere to this schedule, it may change due to unexpected circumstances. If programs are not running, such as swim team or private lessons, those lanes will be available for lap swim.