

# SLATE BELT POOL SCHEDULE

# JANUARY

Monday		
Time	Program	Lanes
6:30 AM-1PM	Lap Swim	L 1-4
6:30 AM - 8:15 PM	PWW	L 5-6
8:15 AM-1 PM	Open Swim	L 5-6
1-3 PM	POOL CLOSED	
3-4:45 PM	Open Swim	L 5-6
3-7:30PM	Lap Swim	L 1-4
4:45-5:15 PM	Deep Water Aerobics	L 4-6
5:30-6:15 PM	Aquacise	L 4-6
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	Aquacise	L 4-6
9:15-10 AM	Aquacise	L 4-6
10 AM-4:45 PM	Lap Swim	L 1-3
10 AM-4:45PM	Open Swim	L 4-6
4:45-5:30 PM	Deep Water Aerobics	L 1-3
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 AM-11:15 PM	AOA Aqua Size	L 4-6
11:15 AM-7:30PM	Lap Swim	L 1-4
11:15 AM-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 5, 26	L 4-6
12:15 PM-1:45 PM	Lap Swim	L 1-4
12:15 PM-2:00 PM	Family Swim	L 5-6

POOL OR LANE CLOSURES		
Date	Time	Lanes
Jan 6 & 23	10-12:30	Rec Lane
Jan 17 - Flick and Float	5:30-7:30	Rec Lane
Jan 21 - LG Training	6:00 PM	All Lanes
Jan 25 - Brithday Party	1-3PM	Rec lane

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

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
9 AM-7:30 PM	Lap Swim	L 1-4
9 AM-7:30 PM	Open Swim	L 5-6

Thursday		
Time	Program	Lanes
6:30 AM-12 PM	Lap Swim	L 1-3
6:30-10 AM	PWW	L 4-6
10 AM-12 PM	Open Swim	L 5-6
12-12:45 PM	Lap Swim	L 1-4
12-5:45 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 4	L 4-6
10 AM-3 PM	Lap Swim	L 1-4
10 AM-3PM	Family Swim	L 5-6

Key		
<b>Lap Swim:</b> Generally reserved for swimmers 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.		
<b>Family Swim:</b> Lap lanes are removed aside from safety lines. Open space is available for swimmers of all ages to swim recreationally.		

**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](#).

**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.

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)