

SLATE BELT

APRIL

Monday		
Time	Program	Lanes
6:30 AM-1 PM	Lap Swim	L 1-4
6:30 AM - 8:15 AM	PWW	L 5-6
8:15 AM-10:00 AM	Open Swim	L 5-6
10:00AM-10:45AM	Swim Lesson	L 5-6
10:45AM-1:00pm	Open Swim	L 5-6
1-3 PM	POOL CLOSED	All Lanes
3-4:45 PM	Open Swim	L 5-6
3-7:30 PM	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

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
10 AM-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
8:15-9:00 AM	Aquacise	L 4-6
9:15-10:00 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
5:00-7:30 PM	Swim Lessons	All Lanes

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
12-5:45 PM	Lap Swim	L 1-4
12-5:00 PM	Open Swim	L 5-6
5:45-7:30 PM	Lap Swim	L 2-4
5-7:30 PM	Swim Lessons	L 1, 5-6

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 AM	Aquacise	L 4-6
11:15 AM-12 PM	Lap Swim	L 1-4
11:15 AM-12 PM	Open Swim	L 5-6
12:30-3 PM	POOL CLOSED	All Lanes
3-7:30 PM	Lap Swim	L 1-4
3-7:30 PM	Open Swim	L 5-6

Saturday		
Time	Program	Lanes
9-10 AM	Lap Swim	L 3-4
9-10 AM	PWW	L 5-6
9-9:45 AM	Aqua Step 12 & 19	L 4-6
10 AM-3:30 PM	Lap Swim	L 3-4
9 AM-3:30 PM	Lifeguard Training	L 1-2
10 AM-3:30 PM	Family 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 6	L 4-6
12:15 PM-1:30 PM	Lap Swim	L 1-4
12:15 PM-1:30 PM	Family Swim	L 5-6

Key		
Lap Swim: Generally reserved for swimmers 12+ using the lane productively		
Personal Water Workout (PWW): Independent water walking, jogging, or aqua fitness		
OPEN SWIM: 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.		
Family Swim: Lap lanes are removed aside from safety lines. Open space is available for swimmers of all ages to swim recreationally.		

ONE TIME CLOSURES		
Date	Time	Lanes
April 12- EGG Hunt	11:00-2:30PM	All Lanes
April 19- Birthday Party	12-1 PM	L 5-6
April 22- LG Training	6-8 PM	All Lanes

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

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.

Pool schedules for River Crossing YMCA branches are available online at www.ymcabhc.org