



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE – FAMILY POOL

JAMES P. GILLS FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am to 6:00am	POOL OPENS AT 5:30 Lap Swim 3 Lanes Open Swim	POOL OPENS AT 5:30 Lap Swim 3 Lanes Open Swim	POOL OPENS AT 5:30 Lap Swim 3 Lanes Open Swim	POOL OPENS AT 5:30 Lap Swim 3 Lanes Open Swim	POOL OPENS AT 5:30 Lap Swim 3 Lanes Open Swim	CLOSED	CLOSED
6:00am to 9:00 am	Lap Swim 3 Lanes Open Swim	Lap Swim 3 Lanes Open Swim	Lap Swim 3 Lanes Open Swim	Lap Swim 3 Lanes Open Swim	Lap Swim 3 Lanes Open Swim	POOL OPENS AT 7:30 Lap Swim 2 Lanes Open Swim	CLOSED
9:00am to 10:00 am	Open Swim Lap Swim 2 Lanes Swim lessons	Open Swim Lap Swim 2 Lanes	Open Swim Lap Swim 2 Lanes Swim Lessons	Open Swim Lap Swim 2 Lanes Swim Lessons	Open Swim Lap Swim 2 Lanes	Lap Swim 2 Lanes Swim Lessons Open Swim	CLOSED
10:00am to 11:00am	Lap Swim 2 Lanes Instructor's choice 10:00 to 11:00	Lap Swim 2 Lanes Cardio H2O 10:00 to 11:00	Lap Swim 2 Lanes Aqua Zumba 10:00 to 11:00	Lap Swim 2 Lanes Cardio H2O 10:00 to 11:00	Lap Swim 2 Lanes Cardio H2O 10:00 to 11:00	Lap Swim 2 Lanes Swim Lessons Open Swim	CLOSED
11:00am to 12:00pm	Lap Swim 2 Lanes Water Pilates 11:00 to 12:00	Lap Swim 2 Lanes Deep Water (Competition Pool) 11:00 to 12:00	Lap Swim 2 Lanes Water Bootcamp 11:00 to 12:00	Lap Swim 2 Lanes Deep Water (Competition Pool) 11:00 to 12:00	Lap Swim 2 Lanes Deep Water (Competition Pool) 11:00 to 12:00	Lap Swim 2 Lanes Open Swim	CLOSED
12:00pm to 3:00 pm	Lap Swim 2 Lanes Open Swim	Lap Swim 2 Lanes Open Swim	Lap Swim 2 Lanes Open Swim	Lap Swim 2 Lanes Open Swim	Lap Swim 2 Lanes Open Swim	Lap Swim 2 Lanes Open Swim	POOL OPENS AT 11:30 Lap Swim 2 Lanes Open Swim
3:00pm to 5:00 pm	Lap Swim 2 Lane Open Swim	Lap Swim 2 Lane Open Swim Swim Lessons	Lap Swim 2 Lane Open Swim	Lap Swim 2 Lane Open Swim Swim Lessons	Lap Swim 2 Lane Open Swim	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 5:30	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 5:30
5:00pm to 7:30 pm	Lap Swim 2 Lanes Open Swim	Lap Swim 2 Lanes Open Swim Swim Lessons	Lap Swim 2 Lanes Open Swim	Lap Swim 2 Lanes Open Swim Swim Lessons	Lap Swim 2 Lanes Open Swim	CLOSED	CLOSED
7:30 pm to 9:30pm	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 9:30	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 9:30	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 9:30	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 9:30	Lap Swim 2 Lanes Open Swim POOL CLOSING AT 9:30	CLOSED	CLOSED

Open Swim: Open area for relaxed swimming, water walking and stretching.

Slide Hours: Monday to Friday from 3:30pm to 7pm and Saturdays & Sundays from 12pm to 5pm

Diving Board Hours: Saturdays & Sundays from 12pm to 5pm



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AQUATICS SCHEDULE – COMPETITION POOL

JAMES P. GILLS FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am to 6:30am	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 5 Lanes Lap Swim 1 Lane	CLOSED	CLOSED
6:30am to 8:00am	Lap Swim 6 Lanes	CLOSED	Lap Swim 6 Lanes	CLOSED	CLOSED	POOL OPENS AT 7:30	CLOSED
8:00am to 11:00am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Lap Swim 3 Lanes Open Swim	CLOSED
11:00am to 12:00pm	CLOSED	Deep Water Aerobics Lap Swim 3 Lanes	CLOSED	Deep Water Aerobics Lap Swim 3 Lanes	Deep Water Aerobics Lap Swim 3 Lanes	Lap Swim 3 Lanes Open Swim	CLOSED
12:00pm to 3:30pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Lap Swim 3 Lanes Diving Board Open	Lap Swim 3 Lanes Diving Board Open
3:30pm to 5:00pm	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 6 Lanes	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 5 Lanes Lap Swim 1 Lane	Lap Swim 3 Lanes Diving Board Open POOL CLOSES AT 5:00pm	Lap Swim 3 Lanes Diving Board Open POOL CLOSES AT 5:00pm
5:00pm to 8:00pm	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 6 Lanes	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 5 Lanes Lap Swim 1 Lane	CLOSED	CLOSED
8:00pm to 9:00pm	Swim Team 3 Lanes Lap Swim 3 Lanes POOL CLOSES AT 9:00pm	Swim Team 3 Lanes Lap Swim 3 Lanes POOL CLOSES AT 9:00pm	Lap Swim 6 Lanes POOL CLOSES AT 9:00pm	Swim Team 3 Lanes Lap Swim 3 Lanes POOL CLOSES AT 9:00pm	Lap Swim 6 Lanes POOL CLOSES AT 9:00pm	CLOSED	CLOSED

**Diving Board Hours: 12–5pm
(Saturdays & Sundays)**



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Level	Days	Time
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FALL SWIM LESSON SESSIONS

**Aug 27 – Sept 19(4 weeks) Regis-
tration begins Aug 13**

Parent/Child	T&Th	4:20 p.m.
Preschool Age Stages 1-3	T&Th	5:00 p.m.
School Age Stages 1-3	T&Th	5:40 p.m.
School Age Stroke Intro	T&Th	6:30 p.m.

**Sept 7 – Oct 12 (6 Saturdays)
Registration begins August 4**

Parent/Child	Sat	8:50 a.m.
Preschool Age Stages 1-3	Sat	9:30 a.m.
School Age Stages 1-3	Sat	10:10 a.m.
School Age Intro	Sat	11:00 a.m.
School Age Stroke Dev	Sat	11:00 a.m.

**Sept 24 – Oct 17 (4 weeks)
Registration begins Sept 10**

Parent/Child	T&Th	4:20 p.m.
Preschool Age Stages 1-3	T&Th	5:00 p.m.
School Age Stages 1-3	T&Th	5:40 p.m.
School Age Stroke Intro	T&Th	6:30 p.m.

**Oct 19 – Nov23 (6 Saturdays)
Registration begins October 5**

Parent/Child	Sat	8:50 a.m.
Preschool Age Stages 1-3	Sat	9:30 a.m.
School Age Stages 1-3	Sat	10:10 a.m.
School Age Intro	Sat	11:00 a.m.
School Age Stroke Dev	Sat	11:00 a.m.

Level	Days	Time
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**Oct 22 – Nov 14 (4 weeks)
Registration begins October
8**

Parent/Child	T&Th	4:20 p.m.
Preschool Age Stages 1-3	T&Th	5:00 p.m.
School Age Stages 1-3	T&Th	5:40 p.m.
School Age Stroke Intro	T&Th	6:30 p.m.

**Nov 26 – Dec 19 (4 weeks)
Registration begins Nov 12**

Parent/Child	T&Th	4:20 p.m.
Preschool Age Stages 1-3	T&Th	5:00 p.m.
School Age Stages 1-3	T&Th	5:40 p.m.
School Age Stroke Intro	T&Th	6:30 p.m.

FEES

Weekday Lessons: \$61 for members and \$91 for nonmembers
Saturday Lessons: \$46 for members and \$71 for nonmembers

