



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Hoover YMCA Fall/Winter Pool Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:00am	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6	Opens 7:00 am	Opens 12:00 pm
9:00am-10:00 am	Lap Swim 4	Lap Swim 4	Lap Swim 4	Lap Swim 4	Lap Swim 4	7-9 am Lap Swim 6	Open Swim 3
	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1	9-10a Water Aerobics 3	Swim Lessons 1
	Walk Lane 1	Walk Lane 1	Walk Lane 1	Walk Lane 1	Walk Lane 1	9-5:45 pm Lap Swim 2	Lap Swim 2
10:00am-11:00am	Open Swim 2	Water Aerobics 4	Open Swim 2	Water Aerobics 6	Open Swim 2	9-5:45p Swim Lessons 1	
	Lap Swim 3	Lap Swim 2	Lap Swim 3		Lap Swim 3	10-5:45 Open Swim 2	
	Swim Lessons 1		Swim Lessons 1		Swim Lessons 1		
11:00am-4:00pm	Open Swim 2	Open Swim 2	Open Swim 2	Open Swim 2	Open Swim 2		
	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3		
	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1		
4:00pm - 6:00 pm	Swim Team 4	Swim Team 4	Swim Team 4	Swim Team 4	Swim Team 4		
	Open Swim 1	Open Swim 1	Open Swim 1	Open Swim 1	Open Swim 1		
	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1		
6:00pm-7:30pm	Swim Team 3	Swim Team 3	Swim Team 3	Swim Team 3	Swim Team 3		
	Open Swim 1	Open Swim 1	Open Swim 1	Open Swim 1	Open Swim 1		
	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1		
	Lap Swim 1	Lap Swim 1	Lap Swim 1	Lap Swim 1	Lap Swim 1		
7:30pm-8:45 pm	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1	Swim Lessons 1		
	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3		
	Open Swim 2	Open Swim 2	Open Swim 2	Open Swim 2	Open Swim 2		
<b>Pool Closing Times:</b>	8:45 PM	8:45 PM	8:45 PM	8:45 PM	7:45 PM	5:45 PM	5:45 PM

\*\*\*Schedule is subject to change\*\*\*

### Swim Lessons:

Although there may not always be a swim lesson happening, one lane is **ALWAYS** reserved for swim lessons. The lane may be opened up to lap swim if there are no lessons currently in progress.

### Open Swim:

This time is available for everyone, especially families and young children. This is a free swim time with not many restrictions on usage. Always keep in mind that everyone has a right to be there and sharing is encouraged.

### Lap Swim:

This time is reserved for people swimming laps.

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third lap swimmer immediately changes the lane to "circle". Please try to choose a lane with swimmers that most nearly match your speed. If you need help obtaining a lane, please ask the lifeguard

### Walk Lane:

For adults that would like to exercise in the pool, but not continuously lap swim.