



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hoover YMCA Pool Schedule August 2023-May 2024

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-8:00am	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6	Opens 7:00 am	Opens 12:00 pm
8:00am-10:00 am	Lap Swim 4 Swim Lessons 1 Walk Lane 1	Lap Swim 4 Swim Lessons 1 Walk Lane 1	Lap Swim 4 Swim Lessons 1 Walk Lane 1	Lap Swim 4 Swim Lessons 1 Walk Lane 1	Lap Swim 4 Swim Lessons 1 Walk Lane 1	7-9 am Lap Swim 6 9-10a Water Aerobics 4 9-5:45 pm Lap Swim 2	Open Swim 3 Swim Lessons 1 Lap Swim 2
10:00am-11:00am	Open Swim 2 Lap Swim 3 Swim Lessons 1	Water Aerobics 4 Lap Swim 2	Open Swim 2 Lap Swim 3 Swim Lessons 1	Water Aerobics 6 No Lap Swim	Open Swim 2 Lap Swim 3 Swim Lessons 1	10-5:45 pm Swim Lessons 2 10-5:45 Open Swim 2	
11:00am-4:00pm	Open Swim 2 Lap Swim 3 Swim Lessons 1	Open Swim 2 Lap Swim 3 Swim Lessons 1	Open Swim 2 Lap Swim 3 Swim Lessons 1	Open Swim 2 Lap Swim 3 Swim Lessons 1	Open Swim 2 Lap Swim 3 Swim Lessons 1		
4:00pm - 6:00pm	Swim Team 3 Lap Swim 1 Open Swim 1 Swim Lessons 1	Swim Team 4 Open Swim 1 Swim Lessons 1	Swim Team 3 Lap Swim 1 Open Swim 1 Swim Lessons 1	Swim Team 4 Open Swim 1 Swim Lessons 1	Swim Team 3 Lap Swim 1 Open Swim 1 Swim Lessons 1		
5:00pm-6:00pm	Swim Team 4 Open Swim 1 Swim Lessons 1	Swim Team 4 Open Swim 1 Swim Lessons 1	Swim Team 4 Open Swim 1 Swim Lessons 1	Swim Team 4 Open Swim 1 Swim Lessons 1	Swim Team 4 Open Swim 1 Swim Lessons 1		
6:00pm-7:30pm	Swim Team 3 Open Swim 1 Swim Lessons 1 Lap Swim 1	Swim Team 3 Open Swim 1 Swim Lessons 1 Lap Swim 1	Swim Team 3 Open Swim 1 Swim Lessons 1 Lap Swim 1	Swim Team 3 Open Swim 1 Swim Lessons 1 Lap Swim 1	Swim Team 3 Open Swim 1 Swim Lessons 1 Lap Swim 1		
7:30pm-8:45 pm	Swim Lessons 1 Lap Swim 3 Open Swim 2	Swim Lessons 1 Lap Swim 3 Open Swim 2	Swim Lessons 1 Lap Swim 3 Open Swim 2	Swim Lessons 1 Lap Swim 3 Open Swim 2	Swim Lessons 1 Lap Swim 3 Open Swim 2		
Pool Closing Times:	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.