



# Saleeby Family YMCA

## Pool Schedule: October & November

	Recreational Swim	Lap Swim	Aqua Fitness	Swim Lessons	Private Swim Lessons
<b>Monday</b>	5:30am-8:45pm	5:30am-8:45pm	8:30am-9:15am 6:30pm-7:15pm Lanes 1 & 2 Reserved	9:30am-12:30pm 5:00pm-6:30pm Lane 4 Reserved	
<b>Tuesday</b>	5:30am-8:45pm	5:30am-8:45pm	8:30am-9:15am Lanes 1 & 2 Reserved	9:30am-12:30pm 4:00pm-7:30pm Lane 4 Reserved	
<b>Wednesday</b>	5:30am-8:45pm	5:30am-8:45pm	8:30am-9:15am* 6:30pm-7:15pm Lanes 1 & 2 Reserved	9:30am-12:30pm 5:00pm-6:30pm Lane 4 Reserved	
<b>Thursday</b>	5:30am-8:45pm	5:30am-8:45pm	8:30am-9:15am Lanes 1 & 2 Reserved	9:30am-12:30pm 4:00pm-7:30pm Lane 4 Reserved	5:00pm-7:30pm Lane 4 Reserved
<b>Friday</b>	5:30am-8:45pm	5:30am-7:45pm	8:30am-9:15am Lanes 1 & 2 Reserved	Swim lessons may be scheduled on Fridays in the event of a shift cancellation	
<b>Saturday</b>	8:00am-1:45pm	8:00am-1:45pm			9:00am-12:00pm Lane 4 Reserved
<b>Sunday</b>	1:00pm-4:45pm	1:00pm-4:45pm			1:00pm-4:30pm Lane 4 Reserved

There is always at least one lap lane open during pool operating hours. Lap swimmers take priority over recreational swimmers in the event of high usage and are strongly encouraged to use circle swimming to share lanes during high usage times.

Lap lanes are for continuous lap swimming using the stroke of your choice, with or without training equipment. Water walking and water resistance training is considered aquatic fitness and permitted in the designated area for independent or group aqua fitness training. Lap lanes are limited during aquatic programs and the aquatic fitness areas are shared with all during open swim. We highly encourage all members and guests to review the schedule above to best plan when to visit the pool. This way you can have the best experience during your visit.

\*Aqua Social Workout/PopUp Events      \*\*Closed for Lifeguard Break