



POOL SCHEDULE

LINCOLN FAMILY DOWNTOWN YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 AM	Pool Closed						Pool Closed	
6:00 AM		Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes		
7:00 AM							Open / Lap Swim 4 Lanes	
8:00 AM								
9:00 AM		Water Exercise 1-2 Lanes	Water Exercise 1-2 Lanes	Water Exercise 1-2 Lanes	Water Exercise 1-2 Lanes	Water Exercise 1-2 Lanes	Water Exercise 1-2 Lanes	Water Exercise 1-2 Lanes
10:00 AM								Swim Lessons 2-3 Lanes
11:00 AM		Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes	
12:00 PM								
1:00 PM								Open Lap Swim
2:00 PM		Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	
3:00 PM								Pool Closed
4:00 PM		Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes	Open / Lap Swim 4 Lanes	
5:00 PM								
6:00 PM		Water Exercise 1-2 Lanes	Swim Team 1-2 Lanes	Water Exercise 1-2 Lanes	Swim Team 1-2 Lanes	Water Exercise 1-2 Lanes	Water Exercise 1-2 Lanes	

*Open / Lap Swim - During Open Swim a section of the pool is open for members to use at their leisure, the number of Lanes available will be at the discretion of the Lifeguard. At least 1 Lane will be available for uninterrupted Lap Swim. # Lanes indicates the number of Lanes available for Open / Lap Swim at that time. Please be courteous of other swimmers and choose a lane that best fits your speed and ability. Circle swimming is required when two or more swimmers share a lane.

*During Water Exercise, Swim Team & Swim Lessons every effort will be made to leave at least one lane available for lap swim. If participation in these programs continues to grow, the YMCA reserves the right to close the entire pool for programming.