

POOL

TOWPATH TRAIL YMCA
October 2024

MONDAY

- 6:30-8:50AM LAP SWIM
- 9-9:50AM AQUAMOTION with Heather
- 10AM-NOON OPEN SWIM + 2 LAP LANES
- 3:30-5:50PM OPEN SWIM + 2 LAP LANES
- 6-6:50PM AQUAMOTION
- 7-8:30PM OPEN SWIM + 2 LAP LANES

TUESDAY

- 6:30-8:50AM LAP SWIM
- 9-9:50AM AQUAMOTION with Heather
- 10AM-NOON OPEN SWIM + 2 LAP LANES
- 3:30-5:15PM OPEN SWIM + 2 LAP LANES
- 5:30-6:15PM SWIM LESSONS
- 6:30-8:30PM OPEN SWIM + 2 LAP LANES

WEDNESDAY

- 6:30-8:50AM LAP SWIM
- 9AM-NOON OPEN SWIM + 2 LAP LANES
- 3:30-5:50PM OPEN SWIM + 2 LAP LANES
- 6-6:50PM AQUAMOTION
- 7-8:30PM OPEN SWIM + 2 LAP LANES

LAP SWIM: swimming or moving up and down the lane

OPEN SWIM: free swim time or designated area with no lane lines.

Evening hours have changed

Lifeguards have the discretion to clear the pool at any time should they need a safety break.

THURSDAY

- 6:30-8:50AM LAP SWIM
- 9-9:50AM AQUAMOTION with Heather
- 10-11AM PRE-K SWIM
- 11AM-NOON OPEN SWIM + 2 LAP LANES
- 3:30-5:15PM OPEN SWIM + 2 LAP LANES
- 5:30-6:15PM SWIM LESSONS
- 6:30-8:30PM OPEN SWIM + 2 LAP LANES

FRIDAY

- 6:30-7:50AM LAP SWIM
- 8AM-8:50AM Deep Water Blast with Heather
- 9AM-NOON OPEN SWIM + 2 LAP LANES
- 3:30-6:30PM OPEN SWIM + 2 LAP LANES

SATURDAY

- 7AM-8:45AM LAP SWIM
- 9-11:30AM SWIM LESSONS
- 11:30-2:30PM OPEN SWIM + 2 LAP LANES

SUNDAY

- 12-2:30PM OPEN SWIM + 2 LAP LANES