



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:30am - 8:00am	Lap Swim & Water Fitness 5:30am - 8:00am	Lap Swim 5:30am - 8:00am	Lap Swim & Water Fitness 5:30am - 8:00am	Lap Swim 5:30am - 8:00am	Lap Swim 8:00am - 10:00am	
H2O Aerobics 8:00am - 9:00am	H2O Aerobics 8:00am - 9:00am	H2O Aerobics 8:00am - 9:00am	H2O Aerobics 8:00am - 9:00am	Water Fitness 8:00am - 9:00am	Aqua Zumba 10:00am - 11:00am	
Swim Lessons 9:00am - 11:00am	Swim Lessons 9:00am - 11:00am	Swim Lessons 9:00am - 11:00am	Swim Lessons 9:00am - 11:00am	Summer Day Camp 9:00am - 10:45am	Water Fitness 11:00am - 12:00pm	
Swim Club 11:00am - 12:00am	Swim Club 11:00am - 12:00am	Swim Club 11:00am - 12:00am	Swim Club 11:00am - 12:00am	Water Fitness 10:45am - 12:00pm		
Lap Swim 12:00pm - 1:00pm	Lap Swim 12:00pm - 1:00pm	Lap Swim 12:00pm - 1:00pm	Lap Swim 12:00pm - 1:00pm	Lap Swim 12:00pm - 1:00pm		
Open Swim 1:00pm - 5:00pm	Open Swim 1:00pm - 4:00pm	Summer Day Camp 1:00pm - 3:45pm	Summer Day Camp 1:00pm - 2:15pm		Open Swim 12:00pm - 4:45pm	Open Swim 1:00pm - 4:45pm
Swim Club 5:15pm - 6:15pm	Swim Lessons 4:00pm - 6:00pm	Swim Club 5:15pm - 6:15pm	Swim Lessons 4:00pm - 6:00pm			
Open Swim 6:20pm - 8:00pm	Swim Club 5:15pm - 6:15pm		Swim Club 5:15 - 6:15pm			
	Aqua Tabata 6:15pm - 7:15pm	H2O Aerobics 6:15pm - 7:15pm	Open Swim 6:20pm - 8:00pm			
	Open Swim 7:15pm - 8:00pm	Open Swim 7:15pm - 8:00pm				

CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE TO NO NOTICE.

For real-time updates subscribe to the REMIND app. Simply text @saymca3 to 81010

Activities indicated in **BLUE** are instructor-led classes. The participants in these classes must have the ability to hear the instructor with no distraction. Please be mindful of others and the activities taking place.

TO UTILIZE THE DEEP END, ALL, SWIMMERS YOUNGER THAN 12 YEARS OF AGE MUST TAKE A SWIM TEST ANNUALLY.

(Those who lack strong swim skills may be required to perform the swim test.)

The swim test is as follows:

Enter water by jumping in and surfacing to the top, tread water for 60 seconds, swim the length of the pool consistently and unassisted showing a front crawl stroke, float on the back showing the skill is efficient.

Inclement Weather Policy:

Pool will close due to lightning or thunder for 30 mins. Every occurrence of lightning and thunder will restart the 30 mins.