

Scottsbluff Family YMCA Pool Schedule 2012



Main Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 7:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool Closed	Pool Closed
8:15 - 9:00	Water Workout	Water Workout	Water Workout	Water Workout	Water Workout	Lap Swim 8:00 - 9:30	Pool Closed
9:00 - 10:00	Senior Swim	Closed for Cleaning 9:00 - 11:00	Senior Swim	Closed for Cleaning 9:00 - 11:00	Senior Swim	Open Swim 9:30 - 4:30	Pool Closed
10:00 - 2:00	Lap Swim	Lap Swim 11:00 - 1	Lap Swim	Lap Swim 11:00 - 1	Lap Swim		Open Swim 1:00 - 4:30
2:00 - 4:00	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning		
4:00 - 5:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
5:00 - 7:00	Lap Swim 5:00 - 6:30 Water Workout 5:30 - 6:30 Family Swim 6:30 - 7:00	Lap Swim 5:00 - 6:30 Water Workout 5:30 - 6:30 Family Swim 6:30 - 7:00	Lap Swim 5:00 - 6:30 Water Workout 5:30 - 6:30 Family Swim 6:30 - 7:00	Lap Swim 5:00 - 6:30 Water Workout 5:30 - 6:30 Family Swim 6:30 - 7:00	Lap Swim 5:00 - 6:30 Family Swim 6:30 - 7:00	Pool Closed	Pool Closed
7:00 - 8:45	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Pool Closed	Pool Closed

Therapy Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 7:00	Open	Open	Open	Open	Open	Pool Closed	Pool Closed
8:00 - 9:00	Open	Open	Open	Open	Open	Open 8:00 - 4:30	
9:00 - 10:00	Senior Swim	Closed for Cleaning 9:00 - 11:00	Senior Swim	Closed for Cleaning 9:00 - 11:00	Senior Swim		
10:00 - 11:00	Twinges & Hinges		Twinges & Hinges		Twinges & Hinges		
11:00 - 1:00	Open	Open	Open	Open	Open	Open 1:00 - 4:30	
1:00 - 2:00	Twinges & Hinges	Pool Closed	Twinges & Hinges	Pool Closed	Twinges & Hinges		
2:00 - 4:00	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning		
4:00 - 5:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
5:00 - 8:45	Open	Open	Open	Open	Open	Pool Closed	Pool Closed

Therapy Pool

- Therapy/Instruction use only.
- Children in therapy pool must be 6 or younger and have an adult with them; 1:1 ratio.
- Children must be within arms length of adult at all times.
- Only 4 children at a time with their parents to make room for therapy users.

Hot Tub

104° hot tub is open throughout the day when the main pool is open.

Main Pool

Lap Swim: Continuous lane swimming only.

Open Swim: Pool is open to all YMCA members and day pass holders. Children must be 8 to swim without an adult.

Family Swim: All children under 18 must be accompanied by a parent in the pool.

Lessons: Registered lesson participants only.

Water Workout: This full body workout is a combination of cardio endurance, muscle conditioning, and interval training. Must be registered.

Senior Swim: You are never too old to have fun in the pool!
Swim laps, Water exercise, water walk, or just enjoy the water.

Scottsbluff Family YMCA

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