



Gus and Flora Kerasotes YMCA Pool Schedule

8/19-12/15

Marantz & Londrigan Competition Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am-7am Masters Lap Swim	6am-7am SPY (2 lanes)	6am-7am Masters Lap Swim	6am-7am SPY (2 lanes)	6am-7am Masters Lap Swim	7a-1200p SPY 12:00-3:30p Lap Swim	8-11:30am Lap Swim
7a-345pm Lap Swim	6-7am Lap Swim (6 lanes)	7a-345pm Lap Swim	6-7am Lap Swim (6 lanes)	7a-345pm Lap Swim		
	7-11am Lap Swim		7-11am Lap Swim			
	11am-12p Lap Swim Water Ex		11am-12p Lap Swim Water Ex		<u>KEEP OUR CHILDREN</u> <u>SAFE</u> To enter deep water children under the age of 18 must pass a swim test. Coaching or swim instruction by individuals not employed by the Y is not permitted.	
	12p-345p Lap Swim		12p-345p Lap Swim			
345pm-Close SPY						

The Hoogland Family Recreation & Therapy Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6a-830a Therapy	6a-945a Therapy	6a-830a Therapy	6a-945a Therapy	6a-830a Therapy		8-11:30am Family Swim	
830a-930a Water Ex	945a-1045a Water Ex	830a-930a Water Ex	945a-1045a Water Ex	830a-930a Water Ex			
930a-1p Therapy	1045a-1p Therapy	930a-1p Therapy	1045a-1p Therapy	930a-1p Therapy		9-11am Lessons	The Resistance area is only open to children during Fri-Sun Family otherwise it is 18&UP. Resistance area closed on Monday and Wednesday.
1p-4p Therapy 2/3 Family 1/3	1p-4p Therapy 2/3 Family 1/3	1p-4p Therapy 2/3 Family 1/3	1p-4p Therapy 2/3 Family 1/3	1p-4p Therapy 2/3 Family 1/3	11am-3:30p Family Swim		
4p-7:50p Lessons ONLY	4p-7:50p Lessons & Resistance Area	4p-7:50p Lessons ONLY	4p-7:50p Lessons & Resistance Area	4p-6:30p Family Swim			