



WOODBURY YMCA

SCHEDULE SUBJECT TO CHANGE

Updated: 5/11/2023

LAP POOL SCHEDULE

May 6th - May 12, 2024

Private lessons may use lap lanes if available

LAP LANES ARE FOR LAP SWIMMERS ONLY - NO EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 7:45am Lap Swim (4) Exercise (1)	5:00am - 8:00 am Lap Swim (4) Exercise (1)	5:00am - 7:00am Lap Swim (4) Exercise (1) 7:00-7:20	5:00am - 8:00am Lap Swim (4) Exercise (1)	5:00am - 7:45am Lap Swim (4) Exercise (1)	CLOSED	CLOSED
7:45-8:05 CLOSED	8:00-8:20 CLOSED	7:20am- 7:55am WATERBALL	8:00-8:20 CLOSED	7:45-8:05 CLOSED		
8:15am-9:00am Water X Class	8:30am-9:00am Water X Class	8:15am-9:00am Water X Class	8:30am-9:00am Water X Class	8:15am-9:00am Water X Class	7:00am- 9:00am Lap Swim (4) Exercise (1)	7:00am - 9:00am Lap Swim (4) Exercise (1)
9:15am - 10:00am Water X Class	9:15am - 10:00am Water X Class	9:15am - 10:00am Water X Class	9:15am - 10:00am Water X Class	9:15am - 10:00am Water X Class		
10:20-12:55pm Lap Swim (4) Exercise (1)	10:20-12:55pm Lap Swim (4) Exercise (1)	10:20-12:55pm Lap Swim (4) Exercise (1)	10:20-12:55pm Lap Swim (4) Exercise (1)	10:20-12:55pm Lap Swim (4) Exercise (1)	9:00-12:00pm NO OPEN SWIM Lap Swim (2) Swim Lessons (3)	9:00-1:00pm Lap Swim (2) Exercise (1) Open Swim (2)
1:00pm- 4:15pm Lap Swim (3) Open Swim (2)	1:00pm- 4:20pm Lap Swim (3) Open Swim (2)	1:00pm- 4:20pm Lap Swim (3) Open Swim (2)	1:00pm- 8:45pm Lap Swim (3) Open Swim (2)	1:00pm- 8:45pm Lap Swim (3) Open Swim (2)	12:00 - 4:45pm Lap Swim (3) Open Swim (2)	1:00 - 2:00pm Lifeguard In-service Training Lap Swim (3) NO OPEN SWIM
4:30pm-7:30pm <i>Swim Lessons</i> NO LAP OR OPEN SWIM	4:30pm-7:30pm NO LAP SWIM Open Swim (2) <i>Swim Lessons (3)</i>	4:30pm-7:30pm NO LAP SWIM Open Swim (2) <i>Swim Lessons (3)</i>				2:00 - 4:45pm Lap Swim (2) Exercise (1) Open Swim (2)
7:40pm-8:45pm Lap Swim (3) Open Swim (2)	7:40pm-8:45pm Lap Swim (3) Open Swim (2)	7:40pm-8:45pm Lap Swim (3) Open Swim (2)			CLOSED	CLOSED

During Lap Swim, you are required to share a lane with another swimmer if all lanes are full! This includes circle swim.



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LEISURE POOL SCHEDULE

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Private lessons may use part of pool if available

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 10:00am CLOSED	5:00 - 10:00am CLOSED	5:00 - 11:00am CLOSED	5:00 - 11:00am CLOSED	5:00 - 5:00pm CLOSED	7:00am-8:00am CLOSED	7:00-8:00am CLOSED
10:00 - 1:00pm Preschool Swim & Open Swim	10:00 - 1:00pm Preschool Swim & Open Swim	11:00 - 11:30am Open Swim	11:00 - 12:00pm Open Swim		8:00 - 9:00am Open Swim	8:00 - 2:00pm Open Swim
		11:30 - 12:15pm Water X			9:00-12:00pm Swim Lessons <i>(portion of pool will be open for Open Swim)</i>	
1:00 - 4:20pm Open Swim	1:00 - 4:20pm Open Swim	12:15 - 4:15pm Open Swim	12:00 - 4:00pm CLOSED		12:00 - 4:45pm Open Swim Slide Running (2:05 - 4:30pm)	
4:30pm - 7:30PM Swim Lesson In Pool NO OPEN SWIM	4:30pm - 7:30PM Open Swim Swim Lesson In Pool <i>(PORTION OF POOL WITH BE ROPED OFF FOR OPEN SWIM)</i>	4:30pm - 7:30PM Open Swim Swim Lesson In Pool <i>(PORTION OF POOL WITH BE ROPED OFF FOR OPEN SWIM)</i>	4:00 - 8:45pm Open Swim Slide Running (5:05 - 8:30pm)	5:00 - 8:45pm Open Swim Slide Running (5:05 - 8:30pm)		2:00pm - 4:45pm Open Swim Slide Running (2:05 - 4:30pm)
7:30pm - 8:45pm Open Swim	7:30pm - 8:45pm CLOSED	7:30pm - 8:45pm Open Swim			CLOSED	CLOSED

See Lifeguard(s) for Swim Tests.