

YMCA of The Northern Sky Aquatics Center Schedule

Fall Part 1: Sept 8 - Oct 26

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday									
	Lap Pool	Small Pool	Lap Pool	Small Pool	Lap Pool	Small Pool	Lap Pool	Small Pool	Lap Pool	Small Pool	Lap Pool	Small Pool	Lap Pool	Small Pool								
5am	Lap Swim 6 lanes 5-8:30am		Open Swim 5-6am		Lap Swim 6 lanes 5-6am		Open Swim 5-6am		Lap Swim 6 lanes 5-6am		Open Swim 5-6am		Aquatics Center Opens at 6am Sat and Sun									
6am			Hydro Cond. 6-7am		Lap Swim 4 Lanes 6-7am		Gators Swim Team Practice 2 lanes		Open Swim 5-8am		Hydro Cond. 6-7am				Open Swim 6-8am							
7am			Open Swim 7a-11:30am		Lap Swim 6 lanes 7-1:30pm		Swim Lessons 9-11am		Open Swim 7-8am		Open Swim 7-8am				Lap Swim 6 lanes 6-9am							
8am									Hydro Cond. 8-9am		Hydro Cond. 8-9am		Hydro Cond. 8-9am		Water Ex 2nd Sat							
9am	Water In Motion 8:30- 9:30am								Lap Swim 3 Lanes		Water In Motion 8:30- 9:30am		Lap Swim 3 Lanes		Hydro Cond. 8-9am							
10am	Lap Swim 6 lanes 9:30-3:30pm								Small Pool Closed 12:30-3pm		Lap Swim 4 lanes 1:30- 3:30pm		Open Swim 2 lanes 1:30- 3:30pm		Small Pool Closed 12:30-3pm		Hydro Cond. 11:30- 12:30pm					
11am			Open Swim 11-4pm		Small Pool Closed 12:30-3pm		Open Swim 10:30- 11:30am															
12pm			Lap Swim 6 lanes 9:30-3:30pm		Hydro Cond. 11:30- 12:30pm		Small Pool Closed 12:30-3pm												Hydro Cond. 11:30- 12:30pm			
1pm			Open Swim 11-4pm		Small Pool Closed 12:30-3pm		Open Swim 10:30- 11:30am															
2pm	Lap Swim 3 Lanes 3:30-6pm		Gators Swim Team Practice 3 lanes		Lap Swim 2 Lanes 3:30pm- 7pm		Swim Lessons 4 lanes 4:30-7pm		Swim Lessons 4p-7p		Lap Swim 2 Lanes 3:30-7pm		Swim Lessons 4p-7p									
3pm															Lap Swim 3 Lanes 3:30-6pm		Gators Swim Team Practice 3 lanes		Lap Swim 2 Lanes 3:30-7pm		Swim Lessons 4p-7p	
4pm															Lap Swim 3 Lanes 3:30-6pm		Gators Swim Team Practice 3 lanes		Lap Swim 2 Lanes 3:30-7pm		Swim Lessons 4p-7p	
5pm															Lap Swim 3 Lanes 3:30-6pm		Gators Swim Team Practice 3 lanes		Lap Swim 2 Lanes 3:30-7pm		Swim Lessons 4p-7p	
6pm	Lap Swim 6 lanes 6-7pm		Open Swim 3-9:30pm		Lap Swim 2 Lanes 3:30pm- 7pm		Swim Lessons 4 lanes 4:30- 7:30pm		Lap Swim 2 Lanes 3:30-7pm		Swim Lessons 4p-7p		Hydro Cond. 5:30-6:30pm									
7pm	Lap Swim 3 Lanes				Deep Water Ex 7-8pm		Lap Swim		Hydro Cond. 7-8pm		Gators Swim Team Practice 6 Lanes 6-8pm		Open Swim 6:30-8:30pm									
8pm	Lap Swim 6 lanes 8pm-9:30pm				Lap Swim 4 Lanes 7-9:30pm		Open Swim 7-9:30pm		Open Swim 8-9:30pm		Lap Swim 4 Lanes 7-9:30pm		Open Swim 8-9:30pm									
9pm	Lap Swim 6 lanes 8pm-9:30pm				Lap Swim 4 Lanes 7-9:30pm		Open Swim 7-9:30pm		Open Swim 8-9:30pm		Lap Swim 4 Lanes 7-9:30pm		Open Swim 8-9:30pm									
Aquatics Center Closes at 9:30pm Mon-Thu									Aquatics Center Closes at 8:30pm Fridays		Aquatics Center Closes at 6pm Sat and Sun Our Zero Entry Pool is Open Swim All Aquatic Center Hours * The Aqua Class Saturday morning is only on the 2nd Saturday of each month For a complete list of our Pool Rules please visit our Website.											