

# POOL SCHEDULE



Dates: November 2024

Branch: MacColl YMCA

## Lap Pool – Open Swim

- Sunday | 12 PM – 4:30 PM | 2 lanes
- Saturday | 2:30PM – 4:30 PM | 2 lanes

## Activity Pool – Open Swim

- Sunday | 7 AM – 4:30 PM
- Monday | 5:30 AM – 4 PM
- Tuesday | 5:30 AM – 9:45 AM, 11:30 AM – 8:30 PM
- Wednesday | 5:30 AM – 4 PM
- Thursday | 5:30 AM – 10 AM, 11 AM – 8:30 PM
- Friday | 5:30 AM – 9:30 AM & 10:15 AM – 8:30 PM
- Saturday | 7 AM – 8:45 AM & 12 PM – 4:30 PM

## Water Slide

- Sunday | 11 AM – 4:30 PM
- Tuesday | 4 PM – 6:15 PM | 7 PM – 8 PM
- Thursday | 4 PM – 6:15 PM | 7 PM – 8 PM
- Friday | 1 PM – 8:30 PM
- Saturday | 12 PM – 4:30 PM

## Water Aerobics

- Monday | 11 AM – 11:45 AM (Aqua Tone)
- Tuesday | 10:30 AM – 11:15 AM (Aqua Blast)
- Wednesday | 10 AM – 10:45 AM (Aqua Tone)
- Thursday | 10 AM – 10:45 AM (Aqua Blast)
- Tuesday/Thursday | 6:15 PM – 7 PM (Water Aerobics)
- Friday | 9:30 AM – 10:15 AM (Aqua Blast)

## Pool Rules

- Anyone ages 17 years or younger must take a swim test
- Any child ages 5 or younger must wear a lifejacket or have an adult (18+) in the water with them
- All life jackets must be Coast Guard certified
- No rough-housing or breath holding.

## Lap Pool – Lap/Exercise

- Sunday
  - 7 AM – 8 AM | 6 lanes
  - 8 AM – 12 PM | 3 lanes
  - 12 PM – 4:30 PM | 4 lanes
- Monday
  - 5:30 AM – 11 AM | 6 lanes
  - 11 AM – 11:45 AM | 2 lanes
  - 11:45 AM – 4 PM | 6 lanes
  - 4 PM – 5:15 PM | 4 lanes
- Tuesday
  - 5:30 AM – 10:30 AM | 6 lanes
  - 10:30 AM – 11:30 AM | 3 lanes
  - 11:30 AM – 4 PM | 6 lanes
  - 4 PM – 5:15 PM | 3 lanes
- Wednesday
  - 5:30 AM – 10 AM | 6 lanes
  - 10 AM – 10:45 AM | 2 lanes
  - 10:45 AM – 4 PM | 6 lanes
  - 4 PM – 5:15 PM | 4 lanes
- Thursday
  - 5:30 AM – 10 AM | 6 lanes
  - 10 AM – 10:45 AM | 5 lanes
  - 10:45 AM – 4 PM | 6 lanes
  - 4 PM – 5:15 PM | 3 lanes
- Friday
  - 5:30 AM – 5:15 PM | 6 lanes
  - 5:15 PM – 7 PM | 2 lanes
- Saturday
  - 7 AM – 8 AM | 6 lanes
  - 8 AM – 8:45 AM | 3 lanes
  - 12 PM – 4:30 PM | 4 lanes

## Modified Schedule – Lap Lanes

- 3 lanes available 2:30pm – 4pm on:
  - November 14th
  - November 19th
  - November 21st
  - November 26th