

POOL SCHEDULE



Dates: January & February 2024

Branch: MacColl YMCA

Lap Pool – Open Swim

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

Activity Pool – Open Swim

- **Sunday** | 7 AM – 2:30 PM
- **Monday** | 5:30 AM – 10 AM, 12 PM – 3 PM
- **Tuesday** | 5:30 AM – 10 AM, 11 AM – 3 PM, & 4 PM – 8:30 PM
- **Wednesday** | 5:30 AM – 3 PM
- **Thursday** | 5:30 AM – 10 AM, 11 AM – 3 PM, & 4 PM – 8:30 PM
- **Friday** | 5:30 AM – 9:30 AM & 10:15 AM – 8:30 PM
- **Saturday** | 7 AM – 8:45 AM & 12 PM – 2:30 PM

Water Slide

- **Sunday** | 11 AM – 2:30 PM
- **Tuesday** | 4 PM – 8 PM
- **Thursday** | 4 PM – 8 PM
- **Friday** | 4 PM – 8 PM
- **Saturday** | 12 PM – 2:30 PM

Water Aerobics

- **Monday/Wednesday** | 11 AM – 11:45 M (Aqua Tone)
- **Tuesday/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

- **Sunday**
 - 7 AM – 11 AM | 6 lanes
 - 11 AM – 12 pm | 4 lanes
 - 12 PM – 2:30 PM | 4 lanes
- **Monday**
 - 5:30 AM – 11 AM | 6 lanes
 - 11 AM – 11:45 AM | 3 lanes
 - 11:45 AM – 2:30 PM | 6 lanes
 - 4 PM – 5 PM | 1 lane
 - 5 PM – 5:30 PM | 4 lanes
- **Tuesday**
 - 5:30 AM – 2:30 PM | 6 lanes
 - 5 PM – 5:30 PM | 3 lanes
- **Wednesday**
 - 5:30 AM – 11 AM | 6 lanes
 - 11 AM – 11:45 AM | 3 lanes
 - 11:45 AM – 2:30 PM | 6 lanes
 - 4 PM – 5 PM | 1 lane
 - 5 PM – 5:30 PM | 4 lanes
- **Thursday**
 - 5:30 AM – 2:30 PM | 6 lanes
 - 4 PM – 5 PM | 3 lanes
 - 5 PM – 5:30 PM | 6 lanes
 - 5:30 PM – 6:15 PM | 3 lanes
- **Friday**
 - 5:30 AM – 2:30 PM | 6 lanes
 - 4 PM – 5 PM | 3 lanes
 - 5 PM – 5:30 PM | 6 lanes
 - 5:30 PM – 7 PM | 2 lanes
- **Saturday**
 - 7 AM – 8 AM | 6 lanes
 - 8 AM – 8:45 AM | 3 lanes
 - 12 PM – 2:30 PM | 4 lanes

Programs

- All programs require pre-registration (with the exception of Water Aerobics)
- Registration can be completed online or at the Welcome Center
- Programs are monthly and payment is due on the 25th of the month prior to the program