

POOL SCHEDULE

Dates: July 2024

Branch: MacColl YMCA



Lap Pool – Open Swim

- Sunday | 12 PM – 6:30 PM | 2 lanes
- Friday | 7:30 PM – 8 PM | 2 lanes
- Saturday | 12 PM – 4:30 PM | 2 lanes

Activity Pool – Open Swim

- Sunday | 7 AM – 4:30 PM
- Monday | 5:30 AM – 10 AM, 12 PM – 4 PM
- Tuesday | 5:30 AM – 10 AM, 12:30 PM – 8:30 PM
- Wednesday | 5:30 AM – 10 AM, 12:30 PM – 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 – 6:30 PM
- Tuesday | 4 PM – 6:15 PM | 7 PM – 8:30 PM
- Thursday | 4 PM – 6:15 PM | 7 PM – 8:30 PM
- Friday | 1 PM – 8:30 PM
- Saturday | 12 PM – 6:30 PM

Water Aerobics

- Monday | 11 AM – 11:45 AM (Aqua Tone)
- Wednesday | 10 AM – 10:45 AM (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 – 9 AM | 6 lanes
 - 9 AM – 12 PM | 3 lanes
 - 12 PM – 6:30 PM | 4 lanes
- **Monday**
 - 5:30 AM – 7:45 AM | 6 lanes
 - 7:45 AM – 8:30 AM | 4 lanes
 - 8:30 AM – 11 AM | 6 lanes
 - 11 AM – 11:45 AM | 2 lanes
 - 11:45 AM – 4 PM | 6 lanes
 - 4 PM – 7 PM | 3 lanes
 - 7 PM – 8:30 PM | 6 lanes
- **Tuesday**
 - 5:30 AM – 7:45 AM | 6 lanes
 - 7:45 AM – 8:30 AM | 4 lanes
 - 8:30 AM – 4 PM | 6 lanes
 - 4 PM – 6:15 PM | 3 lanes
 - 7 PM – 8:30 PM | 6 lanes
- **Wednesday**
 - 5:30 AM – 7:45 AM | 6 lanes
 - 7:45 AM – 8:30 AM | 4 lanes
 - 8:30 AM – 10 AM | 6 lanes
 - 10 AM – 10:45 AM | 4 lanes
 - 10:45 AM – 4 PM | 6 lanes
 - 4 PM – 7 PM | 3 lanes
 - 7 PM – 8:30 PM | 6 lanes
- **Thursday**
 - 5:30 AM – 7:45 AM | 6 lanes
 - 7:45 AM – 8:30 AM | 4 lanes
 - 8:30 AM – 4 PM | 6 lanes
 - 4 PM – 7 PM | 3 lanes
 - 7 PM – 8:30 PM | 6 lanes
- **Friday**
 - 5:30 AM – 7:45 AM | 6 lanes
 - 7:45 AM – 8:30 AM | 4 lanes
 - 8:30 AM – 4:45 PM | 6 lanes
 - 4:45 PM – 6 PM | 4 lanes
 - 6 PM – 7:30 PM | 3 lanes
 - 7:30 PM – 8:30 PM | 6 lanes
- **Saturday**
 - 7 AM – 8 AM | 6 lanes
 - 8 AM – 8:45 AM | 3 lanes
 - 12 PM – 1 PM | 2 lanes
 - 1 PM – 6:30 PM | 4 lanes