



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

HOOD COUNTY YMCA Effective: June 2023 — August 14th, 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|-------------------------|-------------------------|
| SEALS Swim Team 5:00a-9:15a *2 lap lanes are available for members. | | | | BOGA 5:15a-6:00a Lap Swim 6:00a-9:30a | Lap Swim 7:00a-4:45p | Lap Swim 1:00p-4:45p |
| Aqua Strength with Christie 9:15a-10:15a *4 Lanes for Laps and Lessons | Aqua Pump with Judy 9:15a-10:15am Aqua Fit with Judy 10:15-11:15 *4 Lanes for Laps and Les- | Aqua Tabata with Judy 9:15a-10:15a *4 Lanes for Laps and Lessons | Aqua Pump with Judy 9:15a-10:15am Aqua Fit with Judy 10:15-11:15 *4 Lanes for Laps and Les- | Aqua Strength with Christie 9:15a-10:15a *4 Lanes for Laps and Lessons | | |
| Lap Swim 10:30a-11:30a | | Lap Swim 10:30a-11:30a | | Lap Swim 10:30a-11:30a | | |
| Lap Swim 11:30a-5:00p | | | | | | |
| Swim Lessons & Lap Swim 5:00p-6:00p | | | | | | |
| SEALS Swim Team and Swim Lessons 6:00p-7:30p *0 lap lanes available. | Swim Lessons & Lap Swim 5:00p-8:45p | SEALS Swim Team and Swim Lessons 6:00p-7:30p *0 lap lanes available. | Swim Lessons & Lap Swim 5:00p-8:45p | Lap Swim 6:00p-6:45p | | |
| Lap Swim 7:30p-8:45p | | Lap Swim 7:30p-8:45p | | Pool Closes at 6:45pm | | |

OUTDOOR POOL SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|---|----------|---|---------------------------|--------------------------|
| | | Open Swim 11:00a-7:45p *Day Camp Swim 12:00-1:00pm | | Open Swim 11:00a-6:30p Pool Closes at 6:30pm | Open Swim 11:00a-4:30p | Open Swim 1:00p-4:30p |

ADDITIONAL SWIM INFORMATION:

For additional questions, please contact Ayden Davila, Hood County Aquatics Specialist, adavila@ymcafw.org.