



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

HOOD COUNTY YMCA Effective: May 27th — 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-3:45p	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 Lessons	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 Lessons	Aqua Strength with Christie 9:15a-10:15a *4 Lanes for Laps and Lessons		
Lap Swim 10:30a-11:30a	*4 Lanes for Laps and Lessons	Lap Swim 10:30a-11:30a	*4 Lanes for Laps and Lessons	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-7:30p *Day Camp Swim 12:00-1:00pm					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.