



# CENTENNIAL HILLS YMCA

## POOL SCHEDULE

	LAP SWIMMING	REC SWIM	AQUA CLASS
MONDAY	5am—3pm: 2-4 Lanes 7pm—8pm: 1-2 Lanes	5am—3pm: 1-2 Lanes 7pm—8pm: 1-2 Lanes	9:30am—10:20am 2-3 Lanes 6:30pm—7:30pm (Therapy)
TUESDAY	5am—3pm: 2-4 Lane 7pm—8pm: 2-4 Lanes	5am—3pm 1-2 Lanes 7pm—8pm: 1-2 Lanes	9:30am—10:30am 2-3 Lanes
WEDNESDAY	5am—3pm: 2-4 Lanes 7pm—8pm: 1-2 Lanes	5am—3pm: 1-2 Lanes	9:30am—10:20am 2-3 Lanes 1:30pm—2:30pm (Therapy) 7pm—7:50pm 2 Lanes
THURSDAY	5am—3pm: 2-4 Lanes 7pm—8pm: 2-4 Lanes	5am—3pm: 1-2 Lanes 7pm—8pm: 1-2 Lanes	9:30am—10:20am (Therapy)
FRIDAY	5am—7pm: 2-4 Lanes	5am—7pm 1-2 Lanes	9:30am—10:20am 2-3 Lanes
SATURDAY	7am—9am: 2-4 Lanes 1pm—4pm: 2-4 Lanes	7am—9am: 1-2 Lane 1pm—4pm: 1-2 Lanes	<b>POOL HOURS</b> Monday—Thursday: 5am—8pm  Friday: 5am—7pm Saturday: 7am - 4pm Sunday: 9-1
SUNDAY	9am—1pm: 2-4 Lanes	9am—1pm 1-2 Lanes	

## THE THERAPY POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am—11am 1:30pm—4pm 5:30pm—6:30pm 7:30pm—8pm	5am—10am 11am—2pm 4pm—5pm 6:30pm—8pm	5am—9:30am 1:30pm—4pm 6pm—8pm	5am—9:30am 10:30am—2pm 4pm—5pm 6pm—8pm	5am—11:30am 1pm—4pm 5pm—7pm	7am—9am 1pm—4pm	9am—1pm

\*YMCA swim instructors may use lanes and therapy pool during open times for private swim lessons  
 \*\*LANE AVAILABILITY MAY BE SUBJECT TO CHANGE ON A DAILY, WEEKLY OR MONTHLY BASIS\*\*