



# CENTENNIAL HILLS YMCA

## INDOOR POOL SCHEDULE

	LAP SWIMMING	REC SWIM	AQUA CLASS
MONDAY	5am—9am: 2-4 Lanes 9am—10 am: 1-2 Lanes 11am—7:45pm: 2-4 Lanes	5am—10am: 1-2 Lanes 11am—7:45pm: 1-2 Lanes	9a—9:50a: 2-3 Lanes 6:30p—7:20p Therapy Pool
TUESDAY	5am—9am: 2-4 Lanes 9am—10am: 1-2 Lanes 11am—4pm: 2-4 Lanes 5pm—7:45pm: 1-2 Lanes	5am—9am: 1-2 Lanes 11am—4pm: 1-2 Lanes 5pm—7:45pm: 1-2 Lanes	9a—9:50a: 2-3 Lanes
WEDNESDAY	5am—9am: 2-4 Lanes 9am—10am: 1-2 Lanes 11am—7:45pm: 2-4 Lanes	5am—9am: 1-2 Lanes 11am—7:45pm: 1-2 Lanes	9a—9:50a: 2-3 Lanes 1:30pm-2:30pm: Therapy Pool 6:45p—7:35p: 2-3 Lanes
THURSDAY	5am—10am: 2-4 Lanes 11am—12pm: 2-4 Lanes 1:30pm—4pm: 1-2 Lanes 5pm—7:45pm: 2-4 Lanes	5am—10am: 1-2 Lanes 11am—12pm: 1-2 Lanes 1:30pm—4pm: 1-2 Lanes 5pm—7:45pm: 1-2 Lanes	9a—9:50a: Therapy Pool
FRIDAY	5am—9am: 2-4 Lanes 9am—9:50am: 1-2 Lanes 9:50am—1:30pm: 2-4 Lanes 1:30pm—3:30pm: 1-2 Lanes 3:30pm—6:45pm: 2-4 Lanes	5am—9am: 1-2 Lanes 9:50am—1:30pm: 1-2 Lanes 1:30pm—3:30pm: 1-2 Lanes 3:30pm—6:45pm: 1-2 Lanes	9a—9:50a: 2-3 Lanes
SATURDAY	7am—9am: 2-4 Lanes 10am—3:45pm: 2-4 Lanes	7am—9am: 1-2 Lanes 10am—3:45pm: 1-2 Lanes	<b>INDOOR POOL HOURS</b> Monday—Thursday: 5am—7:45pm Friday: 5am—6:45pm Saturday: 7am—3:45pm Sunday: 9am—12:45pm <b>OUTDOOR POOL HOURS</b> Saturday—Thursday: 12pm—5pm Friday: 2pm—7pm
SUNDAY	9am—12:45pm: 1-2 Lanes	9am—12:45pm 1-2 Lanes	

OUTDOOR LAP SWIM Please check in Inside YMCA	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:
	6P—7P: 1-3 Lanes	6P—7P: 1-2 Lanes	6P—7P: 1-3 Lanes	6P—7P: 1-2 Lanes

THERAPY POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am—10am 10:30am—12:15pm 1:15pm—6:30p 7:20p—7:45pm	5am—10am 10:30am—7:45pm	5am—10am 10:30am—12:15pm 2:30pm—7:45pm	5am—9am 10:30am—12pm 1:30pm—5:30pm 6pm—7:45pm	5am—12:15pm 1:15pm—6:45pm	7am—8am 10am—12pm 12:30pm—3:45pm	9am—12:45pm

**THE INDOOR POOL WILL BE CLOSED ON THURSDAY FROM 12PM-1:30PM FOR MAINTENANCE**

The Pool closes 15 minutes prior to the building closing time, the pool deck will close at building closing time.

\*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\*\*

June-July 2024