



CENTENNIAL HILLS YMCA

POOL SCHEDULE

| | LAP SWIMMING | REC SWIM | AQUA CLASS |
|-----------|--|--|---|
| MONDAY | 5am—10am: 2-4 Lanes 11am—8pm: 2-4 Lanes | 5am—10am: 1-2 Lanes 11am—8pm: 1-2 Lanes | 9am—9:45am 2-3 Lanes |
| TUESDAY | 5am—10am: 2-4 Lane 11am—4pm: 2-4 Lanes 5pm—8pm: 2-4 Lanes | 5am—10am 1-2 Lanes 11am—8pm: 1-2 Lanes | 9am—9:45am 2-3 Lanes |
| WEDNESDAY | 5am—10am: 2-4 Lanes 11am—8pm: 2-4 Lanes | 5am—10am: 1-2 Lanes 11am—8pm: 1-2 Lanes | 8:15am—9am 2-3 Lanes 12:30pm—1:30pm (Therapy) 6:15pm—7pm 2 Lanes |
| THURSDAY | 5am—10am: 2-4 Lanes 11am—4pm: 2-4 Lanes 5pm—8pm: 2-4 Lanes | 5am—10am: 1-2 Lanes 11am—4pm: 1-2 Lanes 5pm—8pm: 1-2 Lanes | 8:15am—9am (Therapy) 9am—9:45am 2-3 Lanes |
| FRIDAY | 5am—7pm: 2-4 Lanes | 5am—7pm 1-2 Lanes | 9am—9:45am 2-3 Lanes |
| SATURDAY | 7am—11am: 1-2 Lanes 12pm—4pm: 4-6 Lanes | 7am—11am: 1 Lane 12pm—4pm: 4-6 Lanes | POOL HOURS Monday—Thursday: 5am—8pm Friday: 5am—7pm Saturday: 7am - 4pm Sunday: 9-1 |
| SUNDAY | 9am—1pm: 2-4 Lanes | 9am—1pm 1-2 Lanes | |

WAVE

THERAPY POOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------------|---------------------------------|--|---------------------------------|----------------------------|------------------------|---------|
| 5am—10am 11am—1:30pm 2:30pm—8pm | 5am—10am 11am—6pm 7pm—8pm | 5am—10am 11am—12:30pm 2:45pm—8pm | 5am—8am 9am—10am 11am—8pm | 5am-10:30am 11:30am—7pm | 7am—9am 11:30am—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