



# CENTENNIAL HILLS YMCA

## POOL SCHEDULE

	LAP SWIMMING	REC SWIM	AQUA CLASS
MONDAY	5am—3pm: 2-4 Lanes 3pm—4pm: 1-2 Lanes 7pm—8pm: 1-2 Lanes	5am—4pm: 1-2 Lanes 7pm—8pm: 1-2 Lanes	9:30am—10:20am 2-3 Lanes
TUESDAY	5am—3pm: 2-4 Lane 3pm—4pm: 1-2 Lanes 7pm—8pm: 2-4 Lanes	5am—4pm 1-2 Lanes 7pm—8pm: 1-2 Lanes	9:30am—10:30am 2-3 Lanes
WEDNESDAY	5am—3pm: 2-4 Lanes 3pm—4pm: 1-2 Lanes 7pm—8pm: 1-2 Lanes	5am—4pm: 1-2 Lanes	9:30am—10:20am 2-3 Lanes 1:30pm—2:30pm (Therapy) 7pm—7:50pm 2 Lanes
THURSDAY	5am—10am: 2-4 Lanes 11am—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—4pm: 2-4 Lanes 4pm—7pm: 1-2 Lanes	5am—7pm 1-2 Lanes	9:30am—10:20am 2-3 Lanes
SATURDAY	7am—9am: 1-2 Lanes 2pm—4pm: 2-4 Lanes	7am—9am: 1 Lane 2pm—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	

## WAVE

### THE THERAPY POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am—12pm 1:30pm—4pm 6pm—8pm	5am—10am 11am—2pm 4pm—5pm 6:30pm—8pm	5am—9:30am 2:30pm—4pm 6pm—8pm	5am—9:30am 10:30am—2pm 4pm—5pm 6pm—8pm	5am-10:30am 1pm—7pm	7am—9am 12:00pm—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\*\*