# Centennial Hills YMCA Indoor Pool Schedule

<table>
<thead>
<tr>
<th></th>
<th>Lap Swimming</th>
<th>Rec Swim</th>
<th>Aqua Class</th>
</tr>
</thead>
</table>
| **Monday**    | 5am—10am: 2-4 Lanes  
11am—6pm: 2-4 Lanes  
6pm—8pm: 1-2 Lanes | 5am—10am: 1-2 Lanes  
11am—6pm: 1-2 Lanes  
7pm—8pm: 1-2 Lanes | 9:00am—9:50am 2-3 Lanes |
| **Tuesday**   | 5am—10am: 2-4 Lane  
11am—4pm: 2-4 Lanes  
4pm—8pm: 1-2 Lanes | 5am—10am: 1-2 Lanes  
11am—4pm: 1-2 Lanes  
5pm—8pm: 1-2 Lanes | 9:00am—9:50am 1-2 Lanes |
| **Wednesday** | 5am—10am: 2-4 Lanes  
11am—6pm: 2-4 Lanes  
6pm—8pm: 1-2 Lanes | 5am—10am: 1-2 Lanes  
11am—6pm: 1-2 Lanes | 9:30am—10:20am 1-2 Lanes  
1:30pm—2:30pm (Therapy)  
7pm—7:50pm 2 Lanes |
| **Thursday**  | 5am—10am: 2-4 Lanes  
11am—4pm: 2-4 Lanes  
4pm—8pm: 1-2 Lanes | 5am—10am: 1-2 Lanes  
11am—4pm: 1-2 Lanes  
5pm—8pm: 1-2 Lanes | 9:00am—9:50am (Therapy) |
| **Friday**    | 5am—4pm: 2-4 Lanes  
4pm—7pm: 1-2 Lanes | 5am—7pm 1-2 Lanes | 9:00am—9:50am 2-3 Lanes |
| **Saturday**  | 7am—9am: 1-2 Lanes  
10am—4pm: 2-4 Lanes | 7am—9am: 1-2 Lanes  
10am—4pm: 1-2 Lanes |                  |
| **Sunday**    | 9am—1pm: 2-4 Lanes | 9am—1pm 1-2 Lanes |                  |

## Therapy Pool

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>
|               | 5am—10am  
10:30am—12pm  
1:30pm—8pm | 5am—10am  
10:30am—2pm  
4pm—8pm | 5am—9:30am  
2:30pm—8pm | 5am—9:30am  
10:30am—8pm | 5am—10:30am  
1pm—7pm | 7am—9am  
11am—4pm | 9am—1pm |

## Outdoor Pool Open Lap Swim: M—TH 6—7pm

*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 2022