



CENTENNIAL HILLS YMCA

INDOOR POOL SCHEDULE

	LAP SWIMMING	REC SWIM	AQUA CLASS
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	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

THE THERAPY POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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