



David YMCA Pool Schedule

Jan 29 - Feb 4

Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:15-4:45 Open/Lap Swim	5:15 - 8:45 Open Swim 1 Lap Lane	5:15 - 9:00 Open/Lap Swim	5:15 - 8:45 Open/Lap Swim	5:15 - 9:00 Open/Lap Swim	5:15 - 8:45 Open Swim 2 Lap Lanes	6:15-8:15 JHS Swim Team 1 lap lane	
	8:45 - 9:30 Shallow Aerobics 2 Lap Lanes	9:00 - 10:00 Water Pilates 2 Lap Lanes	8:45 - 9:30 Shallow Aerobics 2 Lap Lanes	9:00-10:00 Water Pilates 2 Lap Lanes	8:45 - 9:30 Shallow Aerobics 2 Lap Lanes	8:30-9:15 H2O Combo 2 lap lanes till 9:00	
	9:30 - 10:15 Deep Aero. Swim Lessons 2 lap lanes	10:00-12:00 Swim Lessons Adult Swim 2 lap lanes	9:30 - 10:15 Adult Swim Deep Aero. 2 Lap Lanes	10:00-12:00 Swim Lessons Adult Swim 2 lap lanes	9:30 - 10:15 Adult Swim Deep Aero. 2 Lap Lanes	9:00-12:00 Swim Lessons Y Swim Team 0 Lap Lanes	
Mon.- Fri. HOT TUB CLOSED 3:00-5:00 and 7:00-8:00pm Pool Hours Monday - Friday 5:15am -- 9:45pm Saturday 6:15am -- 9:45pm Sunday 10:15am -- 4:45pm	10:15- 11:15 Swim Lessons Adult Swim 2 Lap Lanes	12:00-3:00 Open/ Lap Swim	10:15 - 11:15 Open Swim 2 Lap Lanes	1:00-2:00 4th Grade 0 Lap Lanes	10:15 - 11:00 Swim lessons Adult Swim 2 Lap Lanes	12:00-9:45 Open/Lap Swim	
	11:15 - 12:00 Shallow Aero. 2 Lap Lanes		11:15 - 12:00 Shallow Aero. 2 Lap Lanes		11:15 - 12:00 Shallow Aero. 2 Lap Lanes		
	12:00-1:00 Arthritis Adult Swim 2 Lap Lanes		12:00 - 1:00 Arthritis Adult Swim 2 Lap Lanes	2:00-3:00 Open/ Lap Swim	1:00-2:00 4th Grade 0 Lap Lanes		1:00-2:00 4th Grade 0 Lap Lanes
	1:00-3:00 Open/ Lap Swim		1:00-2:00 4th Grade 0 Lap Lanes		2:00-3:00 Open/ Lap Swim		2:00-3:00 Open/ Lap Swim
	3:00-5:00 JHS Swim Team 0 Lap Lanes	3:00-5:00 Open Swim 2 Lap Lanes	3:00-5:00 JHS Swim Team 0 Lap Lanes	3:00-5:00 JHS Swim Team 0 Lap Lanes	3:00-5:00 JHS Swim Team 0 Lap Lanes		
	5:00-6:00 Swim Lessons Y Swim Team 1 Lap Lane	5:00-6:00 Swim Lessons Y Swim Team 0 Lap Lanes	5:00-6:00 Open Swim Y Swim Team 1 Lap Lane	5:00-6:00 Swim Lessons Y Swim Team 0 Lap Lanes	5:00-6:00 Y Swim Team 0 Lap Lanes Hot Tub Closed		
	6:00-7:00 Y Swim Team Swim Lessons Deep Aero. 0 Lap Lanes	6:00-7:00 Y Swim Team Swim Lessons 0 Lap Lanes	6:00-7:00 Open Swim Y Swim Team 1 Lap Lane	6:00-7:00 Swim Lessons Deep Aero Y Swim Team	6:00-9:45 Open/ Lap Swim		
	For latest up- dates and changes to ou schedule visit mcastark.org schedules	7:00-8:00 Y Swim Team 0 Lap Lanes	7:00-8:00 Y Swim Team 0 Lap Lanes	7:00-8:00 Y Swim Team 0 Lap Lanes	7:00-8:00 Y Swim Team 0 Lap Lanes		
		8:00-9:45 Open/ Lap Swim	8:00-9:45 Open/ Lap Swim	8:00-9:45 Open/ Lap Swim	8:00-9:45 Open/ Lap Swim		