



We build strong kids, strong families, strong communities.

Meyers Lake YMCA Pool Schedule July 12th- Aug 15th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open 6:00a to 8:00a	Adult Open 6:00a to 8:30a	Adult Open 6:00a to 8:00a	Adult Open 6:00a to 8:30a	Adult Open 6:00a to 8:00a	Adult Open 8:00-8:30a Swim Team 8:30-9:30a Swim Lesons 9:30a to 1:00p OPEN SWIM 1:00-3:00p	Adult Open 8:00-8:30a Swim Team 8:30-9:30a Swim Lesons 9:30a to 1:00p OPEN SWIM 1:00-3:00p
Lap Swim 8:00a to 10:00a	Water Aerobics 8:30-9:30a	Lap Swim 8:00a to 10:00a	Water Aerobics 8:30-9:30a	Lap Swim 8:00a to 10:00a		
Deep Water Jogging 10-10:45a	Swim Lessons 9:15a-12:00p	Deep Water Jogging 10-10:45a	Swim Lessons 9:15a-12:00p	Water Aerobics 10:00-11:00a		
Safe Summer SWIM 10:45a-12:00p		Safe Summer SWIM 10:45a-12:00p		Safe Summer SWIM 10:45a-12:00p		
Water Aerobics 12-1:00p	1/2 pool Safe Smr Swim 1:30a-12:30	Water Aerobics 12-1:00p	1/2 pool Safe Smr Swim 1:30a-12:30	Deep Watter Jogging 12:00-12:45p		
Silver Splash 1:00-1:45p	Silver Splash 12:30-1:15	Silver Splash 1:00-1:45p	Silver Splash 12:30-1:15	Silver Splash 1:00-1:45p		
Day Camp 2:00-3:30p	AquaFlex 1:15-2:00p	Day Camp 2:00-3:30p	AquaFlex 1:15-2:00p	Day Camp 2:00-3:30p		
Swim Team 3:30-5:30	Adult Open 3:30-5:00p	Swim Team 3:30-5:30	Adult Open 3:30-5:00p	OPEN SWIM 3:00p to 6:45p		
Swim Lessons 5:30-6:15p	Deep Water Jogging 4:15-5:00p	Swim Lessons 5:30-6:15p	Deep Water Jogging 4:15-5:00p			
OPEN SWIM 6:15-7:30p	Swim Lessons 4:00-5:45p	OPEN SWIM 6:15-7:30p	Swim Lessons 4:00-5:45p			
	OPEN SWIM 5:45p to 8:00p		AquaFlex 7:30-8:15p		OPEN SWIM 5:45p to 8:00p	
Adult Open 8:15-8:45p		Adult Open 8:15-8:45p	Adult Open 8:15-8:45p			Adult Open 8:15-8:45p

** One lap lane will be available at all times EXCLUDING swim team and swim lessons.

*** On the following days child care will be on field trips. We will have OPEN SWIM during their scheduled times. July 10, 15, 22, 28 August 6, 12, and 18