

POOL SCHEDULE

David YMCA

April 8 - May 5, 2024



330.830.6275 | www.ymcastark.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*Lap Lane Swim <u>6 Lap Lanes</u> 5:15-8:30	Lap Lane Swim <u>6 Lap Lanes</u> 5:15-8:30	Lap Lane Swim <u>6 Lap Lanes</u> 5:15-8:30	Lap Lane Swim <u>6 Lap Lanes</u> 5:15-8:30	Lap Lane Swim <u>6 Lap Lanes</u> 5:15-8:30	Lap Lane Swim <u>6 Lap Lanes</u> 6:15-7:30	
					Aqua Zumba <u>2 Lap Lanes</u> 8:00-8:45	
*Shallow Aero. (No Instructor) <u>2 Lap Lanes</u> 9:00-9:45	Water Pilates (No Instructor) <u>2 Lap Lanes</u> 9:00-9:45	Shallow Aero. <u>2 Lap Lanes</u> 9:00-9:45	Water Pilates <u>2 Lap Lanes</u> 9:00-9:45	*Aqua Zumba or Shallow Aero. <u>2 Lap Lanes</u> 9:00-9:45	Lessons <u>No Lap Lanes</u> 9:00-11:00	Lap Lane Swim <u>6 Lap Lanes</u> 10:15-12:00
*Deep Aero. <u>2 Lap Lanes</u> 10:00-10:45	Lessons <u>No Lap Lanes</u> 10:00-11:15	Deep Aero. <u>2 Lap Lanes</u> 10:00-10:45	Lessons <u>No Lap Lanes</u> 10:00-11:15	Deep Aero. <u>2 Lap Lanes</u> 10:00-10:45		
*Shallow Aero. <u>2 Lap Lanes</u> 11:00-11:45	Art Gym Swim <u>3 Lap Lanes</u> 11:15-12:00	Aqua Flow <u>2 Lap Lanes</u> 11:00-12:00		Shallow Aero. <u>2 Lap Lanes</u> 11:00-11:45		*Open/Lap Lane <u>3 Lap Lanes</u> 11:00-3:00
Open/Lap Lane <u>3 Lap Lanes</u> 12:00-3:00	Open/Lap Lane <u>4 Lap Lanes</u> 12:00-3:00	Open/Lap Lane <u>4 Lap Lanes</u> 12:00-3:00	Open/Lap Lane <u>4 Lap Lanes</u> 11:15-3:00	Open/Lap Lane <u>4 Lap Lanes</u> <u>No SPA</u> <u>Maintenance</u> 12:00-3:00		
Open/Lap Lane <u>3 Lap Lanes</u> 3:00-6:00	Open/Lap Lane <u>3 Lap Lanes</u> 3:00-6:00	*JHS Track <u>No Lap Lanes</u> 3:00-4:30	Open/Lap Lane <u>3 Lap Lanes</u> 3:00-6:00			*Open/Lap Lane <u>3 Lap Lanes</u> 12:00-4:30
Lessons <u>No Lap Lanes</u> 6:00-7:15	Lessons <u>No Lap Lanes</u> 6:00-7:15 Deep Aero. 6:10-6:55	Open/Lap Lane <u>3 Lap Lanes</u> 4:30-7:00	Lessons <u>No Lap Lanes</u> 6:00-7:15 Deep Aero. 6:10-6:55	Open/Lap Lane <u>3 Lap Lanes</u> 3:00-7:00		
Master's <u>2 Lap Lanes</u> 7:30-8:30	Lessons <u>No Lap Lanes</u> 7:00-8:00	Master's <u>2 Lap Lanes</u> 7:00-8:00	Lessons <u>No Lap Lanes</u> 7:00-8:00	Open/Lap Lane <u>4 Lap Lanes</u> 7:00-8:00		
Open/Lap Lane <u>4 Lap Lanes</u> 8:30-9:30	Open/Lap Lane <u>4 Lap Lanes</u> 8:00-9:30	Open/Lap Lane <u>4 Lap Lanes</u> 8:00-9:30	Open/Lap Lane <u>4 Lap Lanes</u> 8:00-9:30			

***Upcoming Events and Schedule Changes:**

*Aqua Zumba: 1st and 3rd Friday of each Month with Shallow on off Fridays.

* JHS Track Team Recovery Swim No Lanes. Wed. 3:00p-4:30p

POOL SCHEDULE AND LAP LANE AVAILABILITY IS SUBJECT TO CHANGE
 AT PEAK TIMES THE LIFEGUARD MAY CALL A 5-10 MINUTE SAFETY BREAK
 DEEP WATER TEST ARE AVAILABLE ON SATURDAYS AT 11 AM