



# POOL SCHEDULE updated Sept 30, 2024

*schedule subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-10am Adult Lap and Adult Open Swim	5:30am-7:30am Adult Lap and Adult Open Swim	5:30am-10am Adult Lap and Adult Open Swim	5:30am-7:30am Adult Lap and Adult Open Swim	5:30am-10am Adult Lap and Adult Open Swim	7am-2:30pm Open Swim <i>Lap Swim Limited Lanes</i>
10am-11am Open Swim <i>Lap Swim Limited Lanes</i>	7:30-8:30am Aqua Splash <i>Lap Swim Limited Lanes Deep End Open</i>	10am-11am Open Swim <i>Lap Swim Limited Lanes</i>	7:30-8:30am Aqua Splash <i>Lap Swim Limited Lanes Deep End Open</i>	10am-12pm Open Swim <i>Lap Swim Limited Lanes</i>	
11am-12pm Aquanastics <i>Lap Swim Limited Lanes Deep End Open</i>	8:30am-10am Adult Lap and Adult Open Swim	11am-12pm Aquanastics <i>Lap Swim Limited Lanes Deep End Open</i>	8:30am-10am Adult Lap and Adult Open Swim		
12pm-1pm Adult Lap and Adult Open Swim	10am-11am Arthritis - <i>Shallow End</i> Deep Water Aerobics <i>Lap Swim Limited Lanes</i>	12pm-1pm Adult Lap and Adult Open Swim	10am-11am Arthritis - <i>Shallow End</i> Deep Water Aerobics <i>Lap Swim Limited Lanes</i>	12pm-1pm Adult Lap and Adult Open Swim	
1pm-4:30pm Open Swim <i>Lap Swim Limited Lanes</i>	11am-4:30pm Open Swim <i>Lap Swim Limited Lanes</i>	1pm-4:30pm Open Swim <i>Lap Swim Limited Lanes</i>	11am-4:30pm Open Swim <i>Lap Swim Limited Lanes</i>	1pm-7:30pm Open Swim <i>Lap Swim Limited Lanes</i>	
4:30pm-6pm Stingrays Swim Team	4:30pm-6pm Stingrays Swim Team	4:30pm-6pm Stingrays Swim Team	4:30pm-6pm Stingrays Swim Team		
6pm-6:45pm Aqua Jogging <i>Lap Swim Limited Lanes</i>	6pm-7pm Open Swim ( <i>shallow</i> ) <i>Lap Swim Limited Lanes</i>	6pm-6:45pm Aqua Jogging <i>Lap Swim Limited Lanes</i>	6pm-7pm Open Swim ( <i>shallow</i> ) <i>Lap Swim Limited Lanes</i>		
6pm-7:30pm Swim Lessons	6:15pm-7:00pm Deep Water Aerobics <i>Lap Swim Limited Lanes</i>	6pm-7pm Swim Lessons	6:15pm-7:00pm Deep Water Aerobics <i>Lap Swim Limited Lanes</i>		
7:30pm-8:30pm Open Swim <i>Lap Swim Limited Lanes</i>	7pm-8:30pm Open Swim <i>Lap Swim Limited Lanes</i>	7pm-8:30pm Open Swim <i>Lap Swim Limited Lanes</i>	7pm-8:30pm Open Swim <i>Lap Swim Limited Lanes</i>		

## Pool Policies:

Adult Lap/Open Swim is for guests 18 years and older for continual lap swim or water exercise.

Open Swim Age Policy: Children 9 and under must be supervised by a parent or responsible adult. Children under the age of 5 must be within arms reach at all times

YMCA of North Central Ohio - Shelby Branch

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