



COMPETITIVE POOL SCHEDULE MARCH 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	LAP SWIM (8) 5:00-8:00AM		LAP SWIM (8) 5:00-8:00AM		LAP SWIM (8) 5:00-8:00AM	CLOSED	
6:00 AM							
7:00 AM							
8:00 AM	LAP SWIM (2) DEEP WATER AQUA JOG (6) 8:00-8:45AM	LAP SWIM (8) 5:00-10:00AM	LAP SWIM (2) DEEP WATER AQUA JOG (6) 8:00-8:45AM	LAP SWIM (8) 5:00-10:00AM	LAP SWIM (2) DEEP WATER AQUA JOG (6) 8:00-8:45AM	LAP SWIM (8) 7:00-10:00AM	
8:45 AM							
9:00 AM	LAP SWIM (2) WATER AEROBICS (6) 9:00-9:45AM		LAP SWIM (2) WATER AEROBICS (6) 9:00-9:45AM		LAP SWIM (2) WATER AEROBICS (6) 9:00-9:45AM		CLOSED
9:45 AM							
10:00 AM		LAP SWIM (6) SWIM LESSONS (2) 9:30-11:00AM		LAP SWIM (6) SWIM LESSONS (2) 9:30-11:00AM		LAP SWIM (6) SWIM LESSONS (2) 9:30-10:30AM	
10:30 AM						LAP SWIM (4) SWIM LESSONS (2) 10:30-12:00AM	
11:00 AM		LAP SWIM (8) 11:00-3:30PM		LAP SWIM (8) 11:00-3:30PM		DEEP WATER HIGH INTENSITY(2) 11:00-11:50	
12:00 PM					LAP SWIM (8) 9:45-5:00PM		
1:00 PM							
2:00 PM	LAP SWIM (8) 9:45-5:30PM		LAP SWIM (8) 9:45-5:30PM			LAP SWIM (5) DIVING BOARD (3) 12:00-4:30PM	LAP SWIM (5) DIVING BOARD (3) 12:00-3:30PM
3:00 PM		LAP SWIM (4)		LAP SWIM (1)			
3:30 PM		SPECIAL OLYMPICS SWIM TEAM (4) 3:30-4:25PM		SPECIAL OLYMPICS SWIM TEAM (4) 3:30-4:25PM			
4:00 PM							
4:30 PM		LAP SWIM (6) SWIM LESSONS (2) 4:30-5:00PM		LAP SWIM (3) SWIM LESSONS (2) 4:30-5:00PM	PADDLE BOARD BALANCE AND FLOW (3) 4:30-5:00PM	LAP SWIM (5)	
5:00 PM							
5:30 PM	LAP SWIM (*5) DEEP WATER HIGH INTENSITY(3) 5:30-6:30PM	LAP SWIM (1) SWIM LESSONS(2) 5:00-7:00PM	LAP SWIM (1) DEEP WATER HIGH INTENSITY(2) 5:30-6:30PM	DCSD SWIM TEAM (5) 5:30-6:00PM	LAP SWIM (3) DCSD SWIM TEAM (5) 5:30-6:00PM	PADDLE BOARD BALANCE AND FLOW (3) 5:00-5:45PM	CLOSED
6:00 PM					LAP SWIM (1) SWIM LESSONS(2) 6:00-7:00PM	DCSD SWIM TEAM (4) 6:00-7:00PM	
6:30 PM	LAP SWIM (1) DEEP WATER AQUA JOG (3) 6:30-7:30PM	DCSD SWIM TEAM (4) 6:00-7:30PM	LAP SWIM (1) DEEP WATER AQUA JOG (3) 6:30-7:30PM	DCSD SWIM TEAM (4) 6:00-7:30PM		LAP SWIM (5) DIVING BOARD (3) 5:45-7:30PM	
7:00 PM		LESSONS(4) 7:00-7:30PM			LAP SWIM (1) SWIM LESSONS(4) 7:00-7:30PM	DCSD SWIM TEAM (3) 7:00-7:30PM	
7:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

POOL/LANE CLOSURES

Hours and Schedules as of 1/1/2023

YMCA Facility Hours	
Monday-Friday	5a-8p
Saturday	7a-6p
Sunday	12p-4p

YMCA OF DODGE COUNTY
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