



COMPETITIVE POOL SCHEDULE MAY 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) 5:00-9:30AM | LAP SWIM (2) DEEP WATER AQUA JOG (6) 8:00-8:45AM | LAP SWIM (8) 5:00-9:30AM | LAP SWIM (2) DEEP WATER AQUA JOG (6) 8:00-8:45AM | LAP SWIM (8) 7:00-9:00AM | |
| 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 | LAP SWIM(4) DEEP WATER HIGH INTENSITY(2) 9:00-9:50AM | CLOSED |
| 9:45 AM | | LAP SWIM (6) SWIM LESSONS (2) 9:30-11:00AM | | LAP SWIM (6) SWIM LESSONS (2) 9:30-11:00AM | | SWIM LESSONS (2) 9:00-10:30AM | |
| 10:00 AM | | | | | | | |
| 10:30 AM | | | | | | | |
| 11:00 AM | | | | | | LAP SWIM (4) SWIM LESSONS (4) 10:30-12:00AM | |
| 12:00 PM | | | | | | | |
| 1:00 PM | | | | | | | |
| 2:00 PM | LAP SWIM (8) 9:45-5:30PM | LAP SWIM (8) 11:00-4:30PM | LAP SWIM (8) 9:45-5:30PM | LAP SWIM (8) 11:00-4:30PM | LAP SWIM (8) 9:45-5:00PM | LAP SWIM (5) DIVING BOARD (3) 12:00-4:30PM | LAP SWIM (5) DIVING BOARD (3) 12:00-3:30PM |
| 3:00 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | | | | | LAP SWIM (5) | | |
| 4:30 PM | | LAP SWIM (6) | | LAP SWIM (3) SWIM LESSONS (2) 4:30-5:00PM | PADDLE BOARD BALANCE AND FLOW (3) 4:30-5:00PM | PADDLE BOARD BALANCE AND FLOW (3) 4:00-4:45PM | |
| 5:00 PM | | LAP SWIM (6) | | | | LAP SWIM (5) | |
| 5:30 PM | LAP SWIM (5) DEEP WATER HIGH INTENSITY(3) 5:30-6:30PM | SWIM LESSONS (2) 4:30-6:30PM | LAP SWIM (6) | LAP SWIM (6) | PADDLE BOARD BALANCE AND FLOW (3) 5:00-5:45PM | | |
| 6:00 PM | | | DEEP WATER HIGH INTENSITY(2) 5:30-6:30PM | LAP SWIM (6) SWIM LESSONS(2) 5:00-7:00PM | | CLOSED | CLOSED |
| 6:30 PM | LAP SWIM (5) DEEP WATER AQUA JOG (3) 6:30-7:30PM | LAP SWIM (4) SWIM LESSONS(4) 6:30-7:30PM | LAP SWIM (5) DEEP WATER AQUA JOG (3) 6:30-7:30PM | LAP SWIM (5) SWIM LESSONS(3) 7:00-7:30PM | LAP SWIM (5) DIVING BOARD (3) 5:45-7:30PM | | |
| 7:00 PM | | | | | | | |
| 7:30 PM | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | | |

POOL/LANE CLOSURES

Hours and Schedules as of 5/1/2023

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

YMCA OF DODGE COUNTY

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