



# EMMA B. HOWE YMCA LAP POOL SCHEDULE

October 1st-31th

*No Reservation required*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-8:00am Lap Swim (4) Open Swim (2)	5:00am-10:45am  Lap Swim (4) Open Swim(2)	5:00am-8:00am Lap Swim (4) Open Swim (2)	5:00am-10:45am Lap Swim (4) Open Swim(2)	5:00am-8:00am Lap Swim (4) Open Swim (2)	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am
8:15am-9:00am Water Ex Class		8:15am-9:00am Water Ex Class		8:15am-9:00am Water Ex Class	8:00am-8:45am Water Ex Class	7:00am-7:45am Lap Swim(6)
9:20am-10:05am Water Ex Class	11:00am-11:45am Water Ex Class	9:20am-10:05am WaterEx Class	9:00am-10:45am Lap Swim(4) Swim Lessons(2)	9:20am-10:05am Water Ex Class	9:00am-11:30am	7:00am-4:45pm LapSwim(4) Open Swim(2)
10:20am-1:00pm Lap Swim(4) Open Swim(2)		10:20am-1:00pm Lap Swim(4) Open Swim(2)		11:00am-11:45am Water Ex Class	10:20am-1:00pm Lap Swim(4) Open Swim (2)	
	12:00pm-2:00pm CLOSED		12:00pm-2:00pm CLOSED			
1:00-2:30 CLOSED		1:00-2:30 CLOSED		1:00-2:30 CLOSED		
2:30pm-4:15pm  Lap Swim(4) Open Swim(2)	2:00pm-4:15pm  Lap Swim(4) Open Swim(2)	2:30pm-4:15pm  Lap Swim(4) Open Swim(2)	2:00pm-8:30pm  Lap Swim(4) Open Swim(2)	2:30pm-5:15pm  Lap Swim(4) Open Swim(2)	11:30am-4:45pm  Lap Swim(4) Open Swim(2)	
4:15pm-6:15pm  Lap Swim(5) Swim Lessons(1)	4:15pm-6:15pm  Lap Swim(5) Swim Lesson(1)	4:15pm-6:15pm  Lap Swim(5) Swim Lessons(1)		5:15pm-6:00pm ** Water EX Class (Adult only)(2) Lap Swim(4)		
6:15pm-8:45pm  Lap Swim(4) Open Swim(2)	6:15-8:30pm Lap Swim(4) Open Swim(2) CLOSED	6:15pm-8:45pm LapSwim(4) OpenSwim(2)		6:00pm-8:45pm Lap Swim(4) OpenSwim(2)	CLOSED 4:45pm-9:00pm	CLOSED 4:45pm-9:00pm
			CLOSED			

\*\*No Slide during Water EX classes.



# EMMA B. HOWE YMCA LEISURE POOL SCHEDULE

October 1st-31th

*No Reservation required*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am
7:00am-8:15am  Open Swim	7:00am-11:00am Open Swim	7:00am-8:15am  Open Swim	7:00am-8:45am  Open Swim	7:00am-8:15am  Open Swim	CLOSED 7:00am-7:45am	CLOSED 7:00am-8:am
8:15am-9:00am Water Ex Class		8:15am-9:00am Water Ex Class		8:15am-9:00am Water Ex Class	8:00am-8:45am Water Ex Class	
9:20am-10:05am  Water Ex Class	11:00am-11:45pm Water Ex Class	9:20am-10:05am  Water Ex Class	9:00am-10:15am Swim Lessons/ Deep Water Exercise(adult only)	9:20am-10:05am  Water Ex Class	8:45am-11:15am Swim Lessons/ Deep Water Exercise(Adult Only)	8:00am-4:45pm Open Swim
10:05am-11:am Open Swim		10:05am-11:00am Open Swim		10:15am-11:00am Water Volleyball (deep Leisure)/ Open Swim	11:00am-11:45pm Water Ex Class	
11:00am-1:00pm CLOSED	12:00pm-1:00pm Water/Volleyball /Open Swim	11:00am-1:00pm CLOSED	12:00pm-1:00pm Water/Volleyball /Open Swim	11:00am-1:00pm CLOSED		
1:00-2:30pm Open Swim	1:00pm - 2:00pm Open Swim	1:00-2:30pm Open Swim	1:00pm-2:00pm Open Swim	1:00-2:30pm Open Swim	11:15am-4:45pm Open Swim	
2:30-4:15pm CLOSED	2:00pm-4:15pm CLOSED	2:30pm-4:15pm CLOSED	2:00pm-4:15pm CLOSED	2:30-4:15pm CLOSED		
4:15pm-6:15pm Swim Lessons/ Deep Water exercise(Adult ONLY)	4:15pm-6:15pm Swim Lessons/ Deep Water exercise(Adult Only)	4:15pm-6:15pm Swim Lessons/ Deep Water exercise(Adult ONLY)	4:00pm-8:30pm  Open Swim	4:15pm-8:45pm Open Swim		
6:15-8:45pm Open Swim	6:15-8:30pm Lap Swim(4) Open Swim(2) CLOSED	6:15-8:45pm Open Swim				CLOSED 4:45pm-9:00pm
			CLOSED			

Attention:Slide will be turn on only with 3 lifeguards on duty.(EXCEPTION :DURING AQUA ZUMBA CLASS)