** McArthur Family YMCA Pool Schedule** *Effective Monday August 21st*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **LAPSWIM – Number of available lanes varies, lane sharing may be necessary** | | | | | | |
| 6am – 9am  10am - 1pm | 8am – 9am  10am-1pm 4pm – 7pm | 6am – 9am  10am - 1pm | 8am – 9am  10am-1pm 4pm – 7pm | 6am – 9am  10am-1pm | 8am – 9am  10a-12pm | 1pm – 4pm |
| **FAMILY SWIM – Discontinued for the time being** | | | | | | |
|  |  |  |  |  |  |  |
| **GROUP EX CLASSES – Registration required and opens 24 hours before each class** | | | | | | |
| Aqua Aerobics  9am | Aqua Aerobics  9am, 4:00 pm | Aqua Aerobics 9am | Aqua Aerobics  9am Aqua Fit Core 4:00pm | Aqua Aerobics  9am | Aqua Aerobics  9am |  |
| **SWIM LESSONS – Registration Required, meets in lanes 6-8 (nearest the guard shed)** | | | | | | |
|  |  |  |  |  | 10am-11am |  |
|  | | | | | | |

**\*Pool is subject to close without notice due to weather, chemical imbalance or lack of at least 2 rescue ready lifeguards. Lifeguards take a safety break every hour on the :50 for 10 minutes and clear the pool.**