



Ridgedale YMCA

***Hot Tub Cleaned Every Other Tuesday Morning.**

LAP POOL SCHEDULE

May 13th - 19th, 2024

***Schedule subject to change.**

***NO Reservations Required (Except Water Ex Classes)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	CLOSED	CLOSED
8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED		
9:00am - 12:00pm Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class 10:00am - 3:00pm Lap Swim (5) Exercise Lane (1)	9:00am - 12:00pm Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class 10:00am - 3:00pm Lap Swim (5) Exercise Lane (1)	9:00am - 12:00pm Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class 10:00am - 4:45pm	9:15am - 11:45am Lap Swim (4) <i>L.G. Certification Class (2)</i>
12:15pm - 2:55pm Lap Swim (5) Water Exercise (1)	12:15pm - 2:55pm Lap Swim (5) Water Exercise (1)	12:15pm - 2:55pm Lap Swim (5) Water Exercise (1)	12:15pm - 2:55pm Lap Swim (5) Exercise Lane (1)	12:15pm - 4:00pm Lap Swim (4) Water Exercise (1)	Lap Swim (4) <i>L.G. Certification Class (2)</i>	12:00pm - 1:00pm Water Ex Class 1:00pm - 2:15pm Lap Swim (4) <i>L.G. Cert Class (2)</i>
3:00pm - 4:15pm Lap Swim (4) Open Swim (2)	3:00pm - 5:00pm Lap Swim (4) Open Swim (2)	3:00pm - 4:15pm Lap Swim (4) Open Swim (2)	3:00pm - 5:15pm Lap Swim (4) Open Swim (2)	4:15pm - 6:15pm Lap Swim (4) Water Exercise (1)		2:30pm - 4:45pm Swim Team
4:30pm - 6:45pm Swim Lessons (5) Lap Swim (1)	4:30pm - 6:45pm Lap Swim (4) Open Swim (2)	4:30pm - 6:45pm Swim Lessons (5) Lap Swim (1)	4:30pm - 6:45pm Lap Swim (4) Open Swim (2)	5:30pm - 6:30pm Swim Team (6) No Lap Swim	CLOSED	CLOSED
7:00pm - 7:45pm Water Ex Class	5:15pm - 6:45pm Swim Team (5) Lap Swim (1)	6:45pm - 8:45pm Lap Swim (5) Water Exercise (1)	6:30pm - 8:30pm Swim Team (4) Lap Swim (2)	6:30pm - 7:30pm Water Ex Class 7:30pm - 8:45pm Lap Swim (5) Water Exercise (1)		
8:00pm - 8:45pm Lap Swim (5) Water Exercise (1)	6:45pm - 8:30pm Swim Team (4) Lap Swim (2)					
	CLOSED		CLOSED			

For most up to date schedule, please check online: https://www.ymcanorth.org/all_y_schedules/pdf_schedules

Open Swim is only available when listed on the schedule. If it is not listed on the schedule, it is not available.



Ridgedale YMCA

***Hot Tub Cleaned Every Other Tuesday Morning.**

LAP POOL SCHEDULE

May 20th -26th, 2024

***Schedule subject to change.**

***NO Reservations Required (Except Water Ex Classes)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	CLOSED	CLOSED
8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED		
9:00am - 12:00pm Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class 10:00am - 3:00pm Lap Swim (5) Exercise Lane (1)	9:00am - 12:00pm Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class 10:00am - 3:00pm Lap Swim (5) Exercise Lane (1)	9:00am - 12:00pm Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class 10:00am - 12:00pm Lap Swim (5) Water Exercise (1)	9:15am - 11:45am Lap Swim (4)
12:15pm - 2:55pm Lap Swim (5) Water Exercise (1)	12:15pm - 2:55pm Lap Swim (5) Exercise Lane (1)	12:15pm - 2:55pm Lap Swim (5) Water Exercise (1)	12:15pm - 3:00pm Lap Swim (5) Exercise Lane (1)	12:15pm - 3:00pm Lap Swim (5) Water Exercise (1)	12:15pm - 3:45pm Lap Swim (4) Open Swim (2)	12:00pm - 1:00pm Water Ex Class 1:00pm - 2:15pm Lap Swim (5) Water Exercise (1)
3:00pm - 4:15pm Lap Swim (4) Open Swim (2)	3:00pm - 5:00pm Lap Swim (4) Open Swim (2)	3:00pm - 4:15pm Lap Swim (4) Open Swim (2)	3:00pm - 5:15pm Lap Swim (4) Open Swim (2)	3:00pm - 6:15pm Lap Swim (4) Open Swim (2)	4:00pm - 4:45pm Lap Swim (5) Water Exercise (1)	2:30pm - 4:45pm Swim Team
4:30pm - 6:45pm Swim Lessons (5) Lap Swim (1)	4:30pm - 6:45pm Swim Lessons (5) Lap Swim (1)	4:30pm - 6:45pm Swim Lessons (5) Lap Swim (1)	4:30pm - 6:45pm Swim Lessons (5) Lap Swim (1)	4:30pm - 6:45pm Swim Lessons (5) Lap Swim (1)	5:15pm - 6:45pm Swim Team (5) Lap Swim (1)	
7:00pm - 7:45pm Water Ex Class	6:45pm - 8:30pm Swim Team (4) Lap Swim (2)	6:45pm - 8:45pm Lap Swim (5) Water Exercise (1)	5:30pm - 6:30pm Swim Team (6) No Lap Swim 6:30pm - 8:30pm Swim Team (4) Lap Swim (2)	6:30pm - 7:30pm Water Ex Class 7:30pm - 8:45pm Lap Swim (5) Water Exercise (1)	CLOSED	CLOSED
8:00pm - 8:45pm Lap Swim (5) Water Exercise (1)	CLOSED		CLOSED			

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