

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)	CLOSED	CLOSED				
					7:00am - 8:45am	7:00am - 9:00am
					Lap Swim (5) Water Exercise (1)	Lap Swim (5) Water Exercise (1)
8:15-8:45 CLOSED	water exercise (1)	water Exercise (1)				
9:00am - 12:00pm	9:00am - 9:45am	9:00am - 12:00pm	9:00am - 9:45am	9:00am - 12:00pm	9:00am - 9:45am	9:15am - 11:45am
Motor Fy Class	Water Ex Class	Water Fy Class	Water Ex Class	Matau Fy Class	Water Ex Class	
Water Ex Class > 9:00 - 10:00	10:00am - 3:00pm	Water Ex Class > 9:00 - 10:00	10:00am - 3:00pm	Water Ex Class > 9:00 - 10:00	10:00am - 4:45pm	Lap Swim (4)
> 10:15 - 11:00		> 10:15 - 11:00		> 10:15 - 11:00		L.G. Certification
> 11:15 - 12:00		> 11:15 - 12:00		> 11:15 - 12:00		Class (2)
	Lap Swim (5)		Lap Swim (5)			
12:15pm - 2:55pm	Exercise Lane (1)	12:15pm - 2:55pm	Exercise Lane (1)	12:15pm - 4:00pm		12:00pm - 1:00pm
Lap Swim (5)		Lap Swim (5)		Lap Swim (4)		Water Ex Class
Water Exercise (1)		Water Exercise (1)		Water Exercise (1)	Law Cooling (4)	1:00pm - 2:15pm
, ,					Lap Swim (4) L.G. Certifcation	
					Class (2)	Lap Swim (4)
						L.G. Cert Class (2)
						2:30pm - 4:45pm
3:00pm - 4:15pm	3:00pm - 5:00pm	3:00pm - 4:15pm Lap Swim (4)	3:00pm - 5:15pm			
Lap Swim (4) Open Swim (2)		Open Swim (2)		4:15pm - 6:15pm		Swim Team
				25p 6.13p		
4:30pm - 6:45pm	Lap Swim (4)	4:30pm - 6:45pm	Lap Swim (4)			
Swim Lessons (5)	Open Swim (2)	Swim Lessons (5)	Open Swim (2)	Lon Cusine (4)		
Lap Swim (1)		Lap Swim (1)		Lap Swim (4) Water Exercise (1)		
	F 45 0					
	5:15pm - 6:45pm		5:30pm - 6:30pm			
	Swim Team (5)		Swim Team (6)			
	Lap Swim (1)		No Lap Swim			
	C:45	C. 45 0. 45	6:30pm - 8:30pm	6:30pm - 7:30pm		
	6:45pm - 8:30pm	6:45pm - 8:45pm	Swim Toom (4)	Water Fy Class	CLOSED	CLOSED
7:00pm - 7:45pm	Swim Team (4)		Swim Team (4) Lap Swim (2)	Water Ex Class	CLOSED	CLOSED
Water Ex Class	Lap Swim (2)	Lap Swim (5)	(- /	7:30pm - 8:45pm		
9:00nm 9:45 ===		Water Exercise (1)		Lap Swim (5)		
8:00pm - 8:45pm				Water Exercise (1)		
Lap Swim (5)						
Water Exercise (1)	CLOSED		CLOSED			

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



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	5:00am - 8:00am	5:00am - 8:00am	5:00am - 8:00am	5:00am - 8:00am	,	,
Lap Swim (5) Exercise Lane (1)	Lap Swim (5) Exercise Lane (1)	Lap Swim (5) Exercise Lane (1)	Lap Swim (5) Exercise Lane (1)	Lap Swim (5) Exercise Lane (1)	CLOSED	CLOSED
					7:00am - 8:45am	7:00am - 9:00am
					Lap Swim (5) Water Exercise (1)	Lap Swim (5) Water Exercise (1)
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	water exercise (1)	water Exercise (1)
9:00am - 12:00pm	9:00am - 9:45am Water Ex Class	9:00am - 12:00pm	9:00am - 9:45am Water Ex Class	9:00am - 12:00pm	9:00am - 9:45am Water Ex Class	9:15am - 11:45am
Water Ex Class > 9:00 - 10:00	10:00am - 3:00pm	Water Ex Class > 9:00 - 10:00	10:00am - 3:00pm	Water Ex Class > 9:00 - 10:00	10:00am - 12:00pm	Lap Swim (4)
> 10:15 - 11:00		> 10:15 - 11:00		> 10:15 - 11:00		-up = (.,
> 11:15 - 12:00		> 11:15 - 12:00		> 11:15 - 12:00	Lap Swim (5) Water Exercise (1)	
	Lap Swim (5)		Lap Swim (5)			
12:15pm - 2:55pm	Exercise Lane (1)	12:15pm - 2:55pm	Exercise Lane (1)	12:15pm - 3:00pm	12:15pm - 3:45pm	12:00pm - 1:00pm Water Ex Class
Lap Swim (5)		Lap Swim (5)		Lap Swim (5)	Lap Swim (4)	Water Ex Class
Water Exercise (1)		Water Exercise (1)		Water Exercise (1)	Open Swim (2)	1:00pm - 2:15pm
						Lap Swim (5) Water Exercise (1)
						2:30pm - 4:45pm
3:00pm - 4:15pm	3:00pm - 5:00pm	3:00pm - 4:15pm	3:00pm - 5:15pm	3:00pm - 6:15pm		
Lap Swim (4)		Lap Swim (4)				Swim Team
Open Swim (2)		Open Swim (2)			4:00pm - 4:45pm	Swiiii Teaiii
4:30pm - 6:45pm	Lap Swim (4)	4:30pm - 6:45pm	Lap Swim (4)	Lap Swim (4)	Lap Swim (5)	
Swim Lessons (5)	Open Swim (2)	Swim Lessons (5)	Open Swim (2)	Open Swim (2)	Water Exercise (1)	
Lap Swim (1)		Lap Swim (1)				
	5:15pm - 6:45pm					
	Swim Team (5)		5:30pm - 6:30pm Swim Team (6)			
	Lap Swim (1)		No Lap Swim			
			6:30pm - 8:30pm	6:30pm - 7:30pm		
	6:45pm - 8:30pm	6:45pm - 8:45pm	Swim Tages (4)	Motor Fr. Class	CLOSED	CLOSED
7:00pm - 7:45pm	Swim Team (4)		Swim Team (4) Lap Swim (2)	Water Ex Class 7:30pm - 8:45pm	CLOSED	CLOSED
Water Ex Class	Lap Swim (2)	Lap Swim (5)	· - · · · · · · · · · · · · · · · · · ·	7.5υμπ - 6.45μπ		
8:00pm - 8:45pm		Water Exercise (1)		Lap Swim (5)		
0.00pm - 0.43pm				Water Exercise (1)		
Lap Swim (5) Water Exercise (1)	CLOSED		CLOSED			

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