

## Ridgedale YMCA LAP POOL SCHEDULE

April 15th - 21st, 2024

\*Schedule subject to change.

\*NO Reservations Required (Except Water Ex Classes)

5.00am - 8.00am	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (5)   Exercise Lane (1)   Exercise		•	•	<i>_</i>		,	,
Lap Swim (5)   Exercise Lane (1)   Exercise						CLOSED	CLOSED
Self-8-45 CLOSED   Self-8-45 C		-	· ·			010010	010011
Set	Exercise Lane (1)	Exercise Lane (1)	Exercise Lane (1)	Exercise Lane (1)	Exercise Lane (1)	7:00am - 8:45am	7:00am - 11:45am
Self-8:45 CLOSED   8:15-8:45 CLOSED   8:15-8:45 CLOSED   9:00am - 9:45am   9:00am - 9:45am   9:00am - 9:45am   Water Ex Class   9:00am - 9:45am   Water Ex Class   9:00am - 3:00pm   2:00am - 9:45am   Water Ex Class   9:00am - 3:00pm   2:00am - 9:00am   9:00am - 9:45am   Water Ex Class   9:00am - 3:00pm   2:00am - 3:00pm   2:0am - 3:00pm   2:0am - 3:00pm   2:0am - 3:0am   2:0am							
Set							
Site						Water Exercise (1)	
9:00am - 12:00pm   Water Ex Class   Water Ex Class   Solution   10:00am - 3:00pm   12:00pm   Water Ex Class   Solution   10:00am - 3:00pm   11:15 1:200   12:15pm - 2:55pm   Lap Swim (5)   Lap Swim (5)   Lap Swim (4)   Open Swim (2)	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 Ex Class > 9:00-10:00 >10:15:10:00 Water Ex Class         Water Ex Classes > 9:00-10:00 >10:15:10:00 >10:15:10:00 Water Ex Class         Lap Swim (5) Water Ex Class         Lap Swim (6) Water Ex Class         Lap Swim (6) Water Ex Class         Lap Swim (4) Water Ex Class         Lap Swim (6) Water Ex Class         Lap Swim (7) Water Ex Class         Lap Swim (7) Water Ex Class         Lap Swim (7) Water Ex Class         L						9:00am - 10:00am	
Seption 1,000	3.00diii 12.00piii		3.00diii 12.00piii		3.00diii 12.00piii	3.00diii 10.00diii	
\$11.15 - 12.00   \$12.15 pm - 2:55 pm   Lap Swim (5)   Exercise Lane (1)   Lap Swim (5)   Water Exercise (1)   Lap Swim (6)   Water Exercise (1)   Lap Swim (6)   Water Exercise (1)   Lap Swim (6)   Water Exercise (1)   Wa	Water Ex Class		Water Ex Classes		Water Ex Classes	Water Ex Class	
12:15pm - 2:55pm   Lap Swim (5)   Exercise Lane (1)   Lap Swim (5)   Water Exercise (1)   Lap Swim (6)   Water Exercise (1)   Lap Swim (6)   Water Exercise (1)   Lap Swim (4)   Unper Swim (2)   Lap Swim (4)   Unper Swim (2)   Lap Swim (3)   Water Exercise (1)   Water Exercise (1)   Unper Swim (2)   Lap Swim (3)   Water Exercise (1)   Water Exercise (1)   Unper Swim (2)   Lap Swim (3)   Water Exercise (1)   Water Exercise (1)   Unper Swim (2)   Lap Swim (3)   Water Exercise (1)   Unper Swim (2)   Lap Swim (3)   Water Exercise (1)   Unper Swim (2)   Lap Swim (6)   Unper Swim (6)   Unper Swim (6)   Unper Swim (6)   Unper Swim (7)   Lap Swim (7)   Unper Swim (7)   Lap Swim (7)   Unper Swim (7)		10:00am - 3:00pm		10:00am - 3:00pm		10:15am - 1:00pm	
12:15pm - 2:55pm   Lap Swim (5)   Exercise Lane (1)   Lap Swim (5)   Water Exercise (1)   Lap Swim (4)   Water Exercise (1)   Lap Swim (2)   Lap Swim (2)   Lap Swim (3)   Water Exercise (1)   Lap Swim (2)   Lap Swim (3)   Water Exercise (1)   Lap Swim (2)   Lap Swim (2)   Water Exercise (1)   Lap Swim (2)   Lap Swim (3)   Water Exercise (1)   Lap Swim (3)   Water Exercise (1)   Lap Swim (3)   Water Exercise (1)   Lap Swim (2)   Lap Swim (3)   Water Exercise (1)   Lap Swim (5)   Water Exercise (1)   Unit of the control of th						10.13um 1.00pm	12:00pm - 1:00pm
Lap Swim (5)   Water Exercise (1)   Lap Swim (6)   Water Exercise (1)							Water Ex CLass
Lap Swim (5)   Water Exercise (1)	12:15pm - 2:55pm	Lap Swim (5)	12:15pm - 2:55pm	Lap Swim (5)	12:15pm - 2:00pm		
Mater Exercise (1)		Exercise Lane (1)		Exercise Lane (1)		Water Exercise (1)	1:15pm - 2:15pm
Sim Team (5)   Lap Swim (1)   Sim Team (5)   Lap Swim (1)					Ian Swim (5)		·
Sum   Lap Swim (4)   Open Swim (2)   Lap Swim (4)   Open Swim (2)   Lap Swim (4)   Open Swim (2)	Water Exercise (1)		water Exercise (1)		• • •		
3:00pm - 5:00pm					, ,		
Lap Swim (4)						1:00pm - 4:45pm	Water Exercise (1)
Lap Swim (4)   Open Swim (2)   Clap Swim (3)   Lap Swim (4)   Open Swim (2)   Clap Swim (3)   Clap Swim (4)   Clap Swim (5)   Clap Swim (1)   Clap Swim (1)   Clap Swim (1)   Clap Swim (2)   Clap Swim (2)   Clap Swim (3)   Clap Swim (6)   Clap Swim (5)		3:00pm - 5:00pm		3:00pm - 4:15pm	2:00nm - 2:00nm		
Lap Swim (4) Open Swim (2)				I an Swim (2)	2.00pm - 3.00pm		
Lap Swim (4)   Open Swim (2)   3:00pm - 4:15pm   Lap Swim (4)   Open Swim (2)   4:30pm - 6:45pm   Swim Lessons (5)   Lap Swim (1)   Swim Team (5)   Lap Swim (1)   Swim Team (5)   Lap Swim (1)   Closed   Close					Lap Swim (4)	Ian Swim (4)	2:30pm - 4:45pm
3:00pm - 4:15pm   Lap Swim (4)   Open Swim (2)   4:30pm - 6:45pm   Swim Team (5)   Lap Swim (1)   CLoSED		Lap Swim (4)		(-)	Water Exercise (1)	-	
Lap Swim (4) Open Swim (2)         Lap Swim (4) Open Swim (2)         4:15pm - 5:15pm Lap Swim (3) Water Exercise (1)         Lap Swim (3) Water Exercise (1)         Water Exercise (1)         Water Exercise (1)         Water Exercise (1)         5:15pm - 6:15pm         Swim Lessons (5) Lap Swim (1)         Lap Swim (1)         5:30pm - 6:30pm Swim Team (6) No Lap Swim (5) No Lap Swim (5) No Lap Swim (5)         Lap Swiim (5) Water Exercise (1)         Lap Swiim (5) Water Exercise (1)         CLOSED		Open Swim (2)					Swim Team
Lap Swim (4) Open Swim (2)         Lap Swim (4) Open Swim (2)         4:15pm - 5:15pm Lap Swim (3) Water Exercise (1)         Lap Swim (3) Water Exercise (1)         Lap Swim (3) Water Exercise (1)         Water Exercise (1)         5:15pm - 6:45pm         5:15pm - 6:45pm         Swim Lessons (5) Lap Swim (1)         Lap Swim (1)         5:30pm - 6:30pm Swim Team (6) No Lap Swim (5) Water Exercise (1)         Lap Swiim (5) Water Exercise (1)         Lap Swiim (5) Water Exercise (1)         CLOSED	2:00nm 4:15nm		2:00nm 4:15nm		2:00nm F:1Enm		
Open Swim (2)         Open Swim (2)         Lap Swim (3) Water Exercise (1)         Lap Swim (5) Water Exercise (1)         Lap Swim (5) Water Exercise (1)         Lap Swim (6) Water Exercise (1)         Lap Swim (5) Water Exercise (1)         Lap Swim (2)         Lap Swim (5) Water Exercise (1)         Lap Swim (2)         Swim Team (4) Lap Swim (2)         Lap Swim (2)         Lap Swim (5)         RisoOpm - 8:45pm Lap Swim (5)         RisoOpm - 8:45pm Lap Swim (5)         Lap Swim (5)         RisoOpm - 8:45pm Lap Swim (5)         Lap Swim (5)         RisoOpm - 8:45pm Lap Swim (5)         Lap Swim (5)         RisoOpm - 8:45pm Lap Swim (5)         Lap Swim (5)         RisoOpm - 8:45pm Lap Swim (5)         Lap Swim (5)         RisoOpm - 8:45pm Lap Swim (5)         Lap Swim (5)         RisoOpm - 8:45pm Lap Swim (5)         Lap Swim (5)         RisoOpm - 8:45pm Lap Swim (5) <t< td=""><td>· · · · · · · · · · · · · · · · · · ·</td><td></td><td>•</td><td>4:15pm - 5:15pm</td><td>3:00pm - 5:15pm</td><td></td><td></td></t<>	· · · · · · · · · · · · · · · · · · ·		•	4:15pm - 5:15pm	3:00pm - 5:15pm		
4:30pm - 6:45pm         4:30pm - 6:45pm         Lap Swim (3) Water Exercise (1)         Water Exercise (1)         Water Exercise (1)         5:15pm - 6:45pm         5:15pm - 6:45pm         5:30pm - 6:30pm - 6:30pm Swim Team (6) No Lap Swim (5) No Lap Swim (5)         Lap Swiim (5) Water Exercise (1)         Lap Swiim (5) Water Exercise (1)         Lap Swiim (5) Water Exercise (1)         CLOSED							
Swim Lessons (5)   Lap Swim (1)     Swim Team (5)   Lap Swim (1)     Swim Team (6)   No Lap Swim (2)     Swim Team (4)   Lap Swim (5)   Lap Swim (5)   Lap Swim (6)   Lap Swim (7)   Swim Team (4)   Lap Swim (7)   Lap Swim (8)   Lap Swim (9)   Lap Swim (1)   Lap Swim (1)   Lap Swim (1)   Lap Swim (2)   Lap Swim (2)   Lap Swim (5)   Lap Swim (1)   Lap Swim (1)   Lap Swim (2)   Lap Swim (2)   Lap Swim (5)   La							
Swim Lessons (5) Lap Swim (1)         Swim Lessons (5) Lap Swim (1)         5:15pm - 6:45pm           Swim Team (5) Lap Swim (1)         Swim Team (6) No Lap Swim (5) Water Exercise (1)         Lap Swiim (5) Water Exercise (1)           7:00pm - 7:45pm Water Ex Class         6:45pm - 8:30pm         6:45pm - 8:45pm Lap Swim (2)         Swim Team (4) Lap Swim (2)         Swim Team (4) Lap Swim (2)         Lap Swim (5) Water Exercise (1)         Water Ex Class         8:00pm - 8:45pm Lap Swim (5)         8:00pm - 8:45pm Lap Swim (5)         Lap Swim (5)         8:00pm - 8:45pm Lap Swim (5)         Lap Swim (5)         Lap Swim (5)         Response (1)         Resp	4:30pm - 6:45pm		4:30pm - 6:45pm	• • •	Water Exercise (1)		
Lap Swim (1)	Swim Lossons (E)		Swim Lossons (E)	water Exercise (1)			
Swim Team (5)   Lap Swim (1)   Swim Team (6)   No Lap Swim   Swim Team (6)   No Lap Swim (5)   Water Exercise (1)		F:1Enm G:4Enm	, ,		5:15pm - 6:15pm		
No Lap Swim (1)		5.15piii - 6.45piii	(_/	5:30pm - 6:30pm			
Lap Swim (1)		Swim Team (5)		Swim Team (6)	Lan Swiim (5)		
7:00pm - 7:45pm Water Ex Class 8:00pm - 8:45pm Lap Swim (5) Water Exercise (1)  CLOSED  6:30pm - 8:30pm  Swim Team (4) Lap Swim (5) Water Exercise (1)  CLOSED  CLOSED  CLOSED  CLOSED  CLOSED  CLOSED  CLOSED				No Lap Swim			
7:00pm - 7:45pm Water Ex Class  6:45pm - 8:30pm  6:45pm - 8:45pm  Swim Team (4) Lap Swim (5)  Lap Swim (5) Water Exercise (1)  Water Exercise (1)  6:30pm - 7:30pm Water Ex Class  8:00pm - 8:45pm Lap Swim (5)  Bar Swim (5)  Swim Team (4) Lap Swim (5)  CLOSED  6:30pm - 7:30pm Water Ex Class  8:00pm - 8:45pm Lap Swim (5)				6:30pm - 8:30pm		0.00==	0. 00
Water Ex Class       6:45pm - 8:30pm       6:45pm - 8:45pm       Swim Team (4)       Lap Swim (5)       Water Exercise (1)       Water Exercise (1)       Water Exercise (1)       8:00pm - 8:45pm       Eap Swim (5)       Eap Swim (5)       Eap Swim (5)       Eap Swim (5)       8:00pm - 8:45pm       Eap Swim (5)	7:00pm - 7:45pm				6:30pm - 7:30pm	CLOSED	CLOSED
8:00pm - 8:45pm Swim Team (4) Lap Swim (5) Water Exercise (1) Water Exercise (1)  Lap Swim (5) Water Exercise (1)  Lap Swim (5)  Lap Swim (5)  Lap Swim (5)  CLOSED  Lap Swim (5)		6:45pm - 8:30pm	6:45pm - 8:45pm	Swim Team (4)	, i		
Lap Swim (5) Lap Swim (2) Water Exercise (1) Water Exercise (1) Lap Swim (5)	8:00pm - 8:45pm				Water Ex Class		
Lap Swim (5)  Water Exercise (1)  Lap Swim (5)	5.55pm 6.45pm			. , , ,			
Water exercise (1) CLOCED CLOCED		Lap Swiiii (2)	vvater Exercise (1)				
	Water Exercise (1)	CLOSED		CLOSED	Water Exercise (1)		

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

April 22nd - 28th, 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)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	CLOSED	CLOSED
Exercise Lane (1)	Exercise Lane (1)	Exercise Lane (1)	Exercise Lane (1)	Exercise Lane (1)		
					7:00am - 8:45am	7:00am - 11:45am
					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		
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 - 10:00am	
Water Ex Class	water Ex Class	Water Ex Classes	water Ex Class	Water Ex Classes	Water Ex Class	
> 9:00 - 10:00	10:00am - 2:55pm	> 9:00-9:45	10:00am - 2:55pm	> 9:00-10:00	10:150: 12:450:	
> 10:15 - 11:00 > 11:15 - 12:00		> 10:00-10:45 > 11:15-12:00		> 10:15-11:00 > 11:15-12:00	10:15am - 12:45pm	12:00pm - 1:00pm
7 11.13 12.00		7 11.13 12.00		7 11.13 12.00		Water Ex CLass
12:15pm - 2:55pm	Lap Swim (5)	12:15pm - 2:55pm	Lap Swim (5)	12:15pm - 2:00pm	Lap Swim (5)	
Lap Swim (5)	Exercise Lane (1)	Lap Swim (5)	Exercise Lane (1)		Water Exercise (1)	1:15pm - 2:15pm
Water Exercise (1)		Water Exercise (1)		Lap Swim (5)		
				Water Exercise (1)		Lap Swim (5)
						Water Exercise (1)
}	3:00pm - 5:00pm		3:00pm - 4:15pm		1:00pm - 3:45pm	, ,
	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1			2:00pm - 3:00pm	Lap Swim (4)	
			Lap Swim (3)	Lon Surim (4)	Open Swim (2)	
	Lap Swim (4)		Open Swim (2)	Lap Swim (4) Water Exercise (1)		2:30pm - 4:45pm
	Open Swim (2)			, ,		Swim Team
					4:00pm - 4:45pm	
3:00pm - 4:15pm Lap Swim (4)		3:00pm - 4:15pm Lap Swim (4)	4:15pm - 5:15pm	3:00pm - 5:15pm		
Open Swim (2)		Open Swim (2)			Lap Swim (5)	
				Lap Swim (3)	Water Exercise (1)	
4:30pm - 6:45pm		4:30pm - 6:45pm	Lap Swim (3) Water Exercise (1)	Water Exercise (1)		
Swim Lessons (5)		Swim Lessons (5)	110101 =11010100 (=)	5:45mm C:45mm		
Lap Swim (1)	5:15pm - 6:45pm	Lap Swim (1)		5:15pm - 6:15pm		
			5:30pm - 6:30pm			
	Swim Team (5)  Lap Swim (1)		Swim Team (6)  No Lap Swim	Lap Swiim (5)		
	Lap Swim (1)		6:30pm - 8:30pm	Water Exercise (1)		
7:00nm 7:45nm			,,	6:20nm 7:20nm	CLOSED	CLOSED
7:00pm - 7:45pm Water Ex Class	6:45pm - 8:30pm	6:55pm - 8:45pm	Curing Tages (4)	6:30pm - 7:30pm		
8:00pm - 8:45pm			Swim Team (4) Lap Swim (2)	Water Ex Class		
σ.σομπι <del>-</del> σ.43μπ	Swim Team (4)	Lap Swim (5)	( <b>-</b> /			
Lap Swim (5)	Lap Swim (2)	Water Exercise (1)		7:45pm - 8:45pm		
Water Exercise (1)	CLOSED		CLOSED	Lap Swim (5) Water Exercise (1)		

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