



Ridgedale YMCA

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

# LAP POOL SCHEDULE

April 28th - May 5th, 2024

**\*Schedule subject to change.****\*NO Reservations Required (Except Water Ex Classes)**

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

For most up to date schedule, please check online: [https://www.ymcanorth.org/all\\_y\\_schedules/pdf\\_schedules](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.