



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer Pool Schedule 2023 -WILKES FAMILY YMCA

We are so glad you will be joining us in the pool at the Y! We invite members and their guests in middle school and up to give your body the gift of low/no impact workouts using the resistance of the water. Please check availability upon arrival. *All Students 5th grade and under must have an adult with them on the pool deck at all times. Students 6th-8th grade who have completed the Middle School Orientation and passed a green band swim test may be on the pool deck unaccompanied.

Monday

| Start | End | Class | Pool Space Used | Pool Space Available |
|--------|--------|--------------------|-----------------------|-------------------------|
| 8:00a | 8:45a | Deep Water Extreme | Lap Lanes 1,2,3 | Lanes 5,6/Sunshine Pool |
| 9:00a | 9:45a | Aqua Fit | Sunshine Pool | Lap Pool |
| 10:00a | 10:45a | Aqua Basics | Sunshine Pool | Lap Pool |
| 11:00a | 11:45a | Sweat'n'steppin' | Sunshine Pool | Lap Pool |
| 1:00p | 3:00p | Summer Camp | Lap Lane 6, Splashpad | Lanes 1-5/Sunshine Pool |
| 4:30p | 6:30p | Swim Lessons | ½ of Sunshine Pool | Lap Pool |

Tuesday

| Start | End | Class | Pool Space Used | Pool Space Available |
|--------|--------|---------------|--------------------|------------------------------|
| 8:30a | 9:15a | Cardio Splash | Sunshine Pool | Lap Pool |
| 9:30a | 10:30a | SwimTYDE | Lap Lanes 5, 6 | Lap Lanes 1-4, Sunshine Pool |
| 4:30pm | 6:30pm | Swim Lessons | ½ of Sunshine Pool | Lap Pool |

Wednesday

| Start | End | Class | Pool Space Used | Pool Space Available |
|--------|--------|--------------------|-----------------------|-------------------------|
| 8:00a | 8:45a | Deep Water Extreme | Lap Lanes 1,2,3 | Lanes 5,6/Sunshine Pool |
| 9:00a | 9:45a | Aqua Fit | Sunshine Pool | Lap Pool |
| 10:00a | 10:45a | Aqua Basics | Sunshine Pool | Lap Pool |
| 11:00a | 11:45a | Sweat'n'steppin' | Sunshine Pool | Lap Pool |
| 1:00p | 3:00p | Summer Camp | Lap Lane 6, Splashpad | Lanes 1-5/Sunshine Pool |

Thursday

| Start | End | Class | Pool Space Used | Pool Space Available |
|--------|--------|---------------|--------------------|------------------------------|
| 8:30a | 9:15a | Cardio Splash | Sunshine Pool | Lap Pool |
| 9:30a | 10:30a | SwimTYDE | Lap Lanes 5, 6 | Lap Lanes 1-4, Sunshine Pool |
| 4:30pm | 6:30pm | Swim Lessons | ½ of Sunshine Pool | Lap Pool |

Friday

| Start | End | Class | Pool Space Used | Pool Space Available |
|--------|--------|--------------------|-----------------------|-------------------------|
| 8:00a | 8:45a | Deep Water Extreme | Lap Lanes 1,2,3 | Lanes 5,6/Sunshine Pool |
| 9:00a | 9:45a | Aqua Fit | Sunshine Pool | Lap Pool |
| 10:00a | 10:45a | Aqua Basics | Sunshine Pool | Lap Pool |
| 11:00a | 11:45a | Sweat'n'steppin' | Sunshine Pool | Lap Pool |
| 1:00p | 3:00p | Summer Camp | Lap Lane 6, Splashpad | Lanes 1-5/Sunshine Pool |
| 4:30p | 6:30p | Swim Lessons | ½ of Sunshine Pool | Lap Pool |

Saturday

| Start | End | Class | Pool Space Used | Pool Space Available |
|-------|--------|--------------|-----------------|----------------------|
| 8:30a | 11:45a | Swim Lessons | Sunshine Pool | Lap Pool |

WILKES FAMILY YMCA

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Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.