



POOL SCHEDULE

LINCOLN FAMILY DOWNTOWN YMCA

INDOOR POOL • FEBRUARY/MARCH

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00a							Pool Opens 7:00a	
6:00a		5:00-9:00a Lap Swim (4)		5:00-9:55a Lap Swim (4)		5:00-9:55a Lap Swim (4)	Open 7:00a -9:00a Lap Swim (4)	
7:00a								
8:00a	Pool Opens 9:00a		5:00-1:00p Lap Swim (4)		5:00-1:00p Lap Swim (4)		9:00-10:00a Water Aerobics*	
9:00a	9:00-2:30p Open Swim / Lap Swim (2)	9a -10a Open Swim / Lap Swim (2)				10:00-11:00a Low Impact Water Aerobics*		
10:00a		10a-11a- Silver Splash Aerobics*		10a-11a- Silver Splash Aerobics*			10:00a-12:30p Swim Lessons / Lap Swim (2)	
11:00a		11:00-1:00p Lap Swim (4)		11:00-1:00p Lap Swim (4)		11:00-1:00p Lap Swim (4)		
12:00P								
1:00p			1:00-4:30p Open Swim / Lap Swim (2)	1:00-4:30p Open Swim / Lap Swim (2)	1:00-2:30p Open Swim / Lap Swim (2)	1:00-4:30p Open Swim / Lap Swim (2)	1:00-5:30p Open Swim / Lap Swim (2) *Update	12:30-7:00p Open Swim / Lap Swim (2)
2:00p				2:30-3:30p CLOSED for Cleaning				
3:00p	Pool Closes 2:30p							
4:00p		4:30-5:30p Swim Lessons/Lap Swim (2)	4:30-5:30p Swim Lessons/Lap Swim (2)	3:30-4:30p Open Swim / Lap Swim (2)	4:30-5:30p Swim Lessons/Lap Swim (2)			
5:00p				4:30-5:30p Swim Lessons /Lap Swim (2)				
6:00p		5:30-7:30p Lessons/Swim Team (2) / Lap Swim (1)	5:30-6:30p Water Aerobics*	5:30-7:30p Lessons/Swim Team (2) / Lap Swim (1)	5:30-6:30p Water Aerobics*	5:30-6:30p Water Aerobics*		
7:00p					6:35-7:35p Swim Lessons/ Lap Swim (2) /Open Swim	6:30-7:00p Open Swim/ Lap Swim (2)	Pool Closes 7:00p	
8:00p		7:30-8:30p Open Swim/ Lap Swim (2)	6:35-8:30p Open Swim/Lap(2) Swim	7:30-8:30p Open Swim/ Lap Swim (2)	7:35-8:30p Open Swim/ Lap Swim (2)	Pool Closes 7:00p		
8:30p		Pool Closes 8:30p	Pool Closes 8:30p	Pool Closes 8:30p	Pool Closes 8:30p			

UPDATES

- *There may be 1 Lap lane available after the first 15 min depending on class size.
- *Friday, February 17th & March 16th there will be 1 lap lane available 1:00-2:30p. Open Swim will begin at 2:30p.

POOL HOURS
Monday 5:00a-8:30p
Tuesday 5:00a-8:30p
Wednesday 5a-2:30p & 3:30-8:30p
Thursday 5:00a-8:30p
Friday 5:00a-7:00p
Saturday 7:00a- 7:00p
Sunday 9:00-2:30p