

<i>Schedule is Subject to Change</i>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM-6AM	Closed	Lap Swim 5	Lap Swim 5	Lap Swim 5	Lap Swim 5	Lap Swim 5	Closed
		Open Swim 1	Open Swim 1	Open Swim 1	Open Swim 1	Open Swim 1	
6AM-7AM		Lap Swim 4	Lap Swim 5	Lap Swim 5	Lap Swim 5	Lap Swim 5	
		Sun Devils Swim (6:30 am) 2	Open Swim 1	Open Swim 1	Open Swim 1	Open Swim 1	
7AM-8AM		Lap Swim 4	Lap Swim 5	Lap Swim 5	Lap Swim 5	Lap Swim 5	Lap Swim 4
		Sun Devils Swim 2	Open Swim 1	Open Swim 1	Open Swim 1	Open Swim 1	Open Swim 2
8AM-9AM		Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3
		H2O Aerobics (8:30-9:30) 3	H2O Aerobics (8:30-9:30) 3	H2O Aerobics (8:30-9:30) 3	H2O Aerobics (8:30-9:30) 3	H2O Aerobics (8:30-9:30) 3	H2O Aerobics (8:30-9:30) 3
9AM-10AM	Open Swim 4 lanes All day	Open Swim 3	Open Swim 1	Open Swim 1	Open Swim 1	Lap Swim 3	Open/Lap Swim 2
		Lap Swim 3	Swim Lessons 2	Swim Lessons 2	Swim Lessons 2	Open Swim 3	Swim Lessons 4
10AM-11AM		Open Swim 3	Open Swim 1	Open Swim 1	Open Swim 1	Lap Swim 3	Open/Lap Swim 2
		Lap Swim 3	Swim Lessons 2	Swim Lessons 2	Swim Lessons 2	Open Swim 3	Swim Lessons 4
11AM-12PM	Lap Swim 2 lanes	Open Swim 3	Open Swim 1	Open Swim 1	Open Swim 1	Lap Swim 3	Open/Lap Swim 2
		Lap Swim 3	Swim Lessons 2	Swim Lessons 2	Swim Lessons 2	Open Swim 3	Swim Lessons 4
12PM-1PM	All day	Lap Swim 2	Lap Swim 2	Lap Swim 2	Lap Swim 2	Lap Swim 2	Open/Lap Swim 2
		Masters Swim 2	H2O Aerobics 2	Masters Swim 2	H2O Aerobics 2	Masters Swim 2	
		Open Swim 2	Open Swim 2	Open Swim 2	Open Swim 2	Open Swim 2	Swim Lessons 4
1PM-2PM		Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3
		Summer Camp / Open Swim 3	Summer Camp / Open Swim 3	Summer Camp / Open Swim 3	Summer Camp / Open Swim 3	Summer Camp / Open Swim 3	Open Swim 3
2PM-3PM		Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Lap Swim 3	Open Swim 3
		Summer Camp / Open Swim 3	Summer Camp / Open Swim 3	Summer Camp / Open Swim 3	Summer Camp / Open Swim 3	Summer Camp / Open Swim 3	Lap Swim 3
3PM-4PM		Swim Team 2	Swim team 2	Swim Team 2	Swim team 2	Swim Team 2	Open Swim 3
		Lap Swim 2	Lap Swim 2	Lap Swim 2	Lap Swim 2	Lap Swim 2	Lap Swim 3
		Lessons 2	Lessons 2	Lessons 2	Lessons 2	Lessons 2	
4PM-5PM	Closed	Swim Team 3	Swimteam 2	Swim Team 3	Swimteam 2	Swim Team 3	Closed
		Lesson 3	Lap Swim 2	Lessons 3	Lap Swim 2	Lap Swim 3	
			Lessons 2	Lessons 2	Lessons 2	Lessons 2	
5PM-6PM		Swim team 3	Swimteam 2	Swimteam 3	Swimteam 2	Swim Team 2	
		lessons 2	lessons 2	lessons 2	lessons 2	Lap Swim 4	
6PM-7PM		Swimteam 4	Swim Team 3	Swimteam 4	Swim Team 2	Swim Team 4	
	Lessons 2	Lessons 1	Lessons 2	Lessons 1	Lap Swim 2		
		Water Aerobics 2	Water Aerobics 2	Water Aerobics 2	Water Aerobics 2		

<b>Lap Swim</b>	For individuals swimming laps. You may have to share a lane depending on amount of lap swimmers.
<b>Open Swim</b>	Open for recreational use.
<b>H2O Aerobics</b>	This class is designed specifically with you in mind. Movements and intensity are offered in a fun and enthusiastic way! This class takes place in a shallow water environment.
<b>Swim Team</b>	Our year-round swim team offers an excellent opportunity for children to improve their understanding of the four competitive strokes while developing their competitive skills and being instilled with a lifelong interest in aquatics. Practice times vary and monthly swim meets compete among other Valley of the Sun branch teams.
<b>Swim Lessons</b>	There is no better place to learn to swim than at the YMCA— often referred to as "America's Favorite Swim Instructor"! Swim lessons teach children valuable life skills, including personal safety, personal growth, stroke development, rescue, and water sports and games. Sign up today!

**The number associated with each activity in the pool corresponds to the number of lanes available for that activity. Please show courtesy when sharing the pool with other individuals. Please note that during peak time, you may have to share a lane with more than one other swimmer. Number of lanes associated with an activity are subject to change based on number of participants and is up to the discretion of the lifeguard.**



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