# SWIMMING FURTHER FASTER

## C.W. AVERY FAMILY YMCA POOL SCHEDULE

the Y YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Spring 1 2023: Monday, March 13th – Sunday, April 23rd**

| | FAMILY POOL SCHEDULE | | | | | | |
|---|---|---|---|---|---|---|---|
| | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **OPEN SWIM** (LARGE SLIDES AND SPLASH PLAYGROUND) | 6:20P – 8:00P | 6:20P – 8:00P | 6:20P – 8:00P | 6:20P – 8:00P | 5:00P – 8:00P | 12:10P - 5:30P | 12:00P - 3:30P |
| **SPLASH PLAYGROUND ONLY** | 9:30A-12:00P<br>5:10P-6:20P | 9:30A-12:00P<br>5:10P-6:20P | 9:30A-12:00P<br>5:10P-6:20P | 9:30A-12:00P<br>5:10P-6:20P | 10:00A-12:00P | | |
| **WATER VORTEX** (OPEN TO ALL AGES) | 6:00P - 8:00P | 4:30P-7:00P | 6:00P - 8:00P | 6:00P - 8:00P | 6:00P - 8:00P | 12:10P - 5:30P | 12:00P - 3:30P |
| **WATER WALKING** (ADULTS ONLY) | 9:30A-12:00P<br>4:30P-6P | 9:30-12:00P<br>7:00P-8:00P | 10:15A-12:00P<br>4:30P-6P | 9:30A-12:00P<br>4:30P-6:00P | 10:00A-12:00P<br>5:00P-6:00P | 8:40A - 12:00P | |
| **GROUP SWIM LESSONS** | 9:30A-12:00P<br>4:30P-7:00P | 9:30A-12:00P<br>4:30P-6:20P | 4:30P-7:00P | 9:30A-12:00P<br>4:30P-7:00P | No Group Lessons | 8:40A – 12:00P | |
| **WATER FITNESS** | | | 9:30A-10:15A<br>Instructor: Rhonda | | | | |

| | LAP POOL SCHEDULE | | | | | | |
|---|---|---|---|---|---|---|---|
| | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **LAP SWIM** | 5:00A - 9:00P | 5:00A - 9:00P | 5:00A- 9:00P | 5:00A - 9:00P | 5:00A - 9:00P | 6:00 A- 5:30P | 7:00A – 3:30P |
| **OPEN SWIM** | 10:30A-2:30P<br>8:00P-9:00P | 10:30A-2:30P<br>8:00P-9:00P | 10:00A-2:30P<br>8:00P-9:00P | 10:00A-2:30P<br>8:00P-9:00P | 10:00A-2:30P<br>4:30P-9:00P | 12:00P - 5:30P | 8:00A-3:30P |
| **GROUP SWIM LESSONS** | 4:30P-7:00P | 4:30P-7:15P | 4:30P-7:00P | 4:30P-7:00P | No Group Lessons | 8:40A – 12:00P | |
| **WATER FITNESS** | 9:15A-10:00A<br>Instructor: Minerva | 5-6A & 6:15A-7:15A Master's<br>9:30A-10:30A<br>Instructor: Mariah | | 5-6A & 6:15A-7:15A Master's<br>8:00A-8:45A<br>Instructor: Minerva | 8:30A-9:15A<br>Instructor: Rhonda | | 7:00A-8:00A Master's Swim Club |
| **JETS SWIM TEAM** | 2:45P - 9:00P | 2:45P - 9:00P | 2:45P - 9:00P | 2:45P - 9:00P | 2:45P - 9:00P | 7A-12P | |
| | | | | | | | |

JETS practice Monday-Friday 2:45P-9P, Saturday 7-12P **EXPECT FEWER LAP LANES**

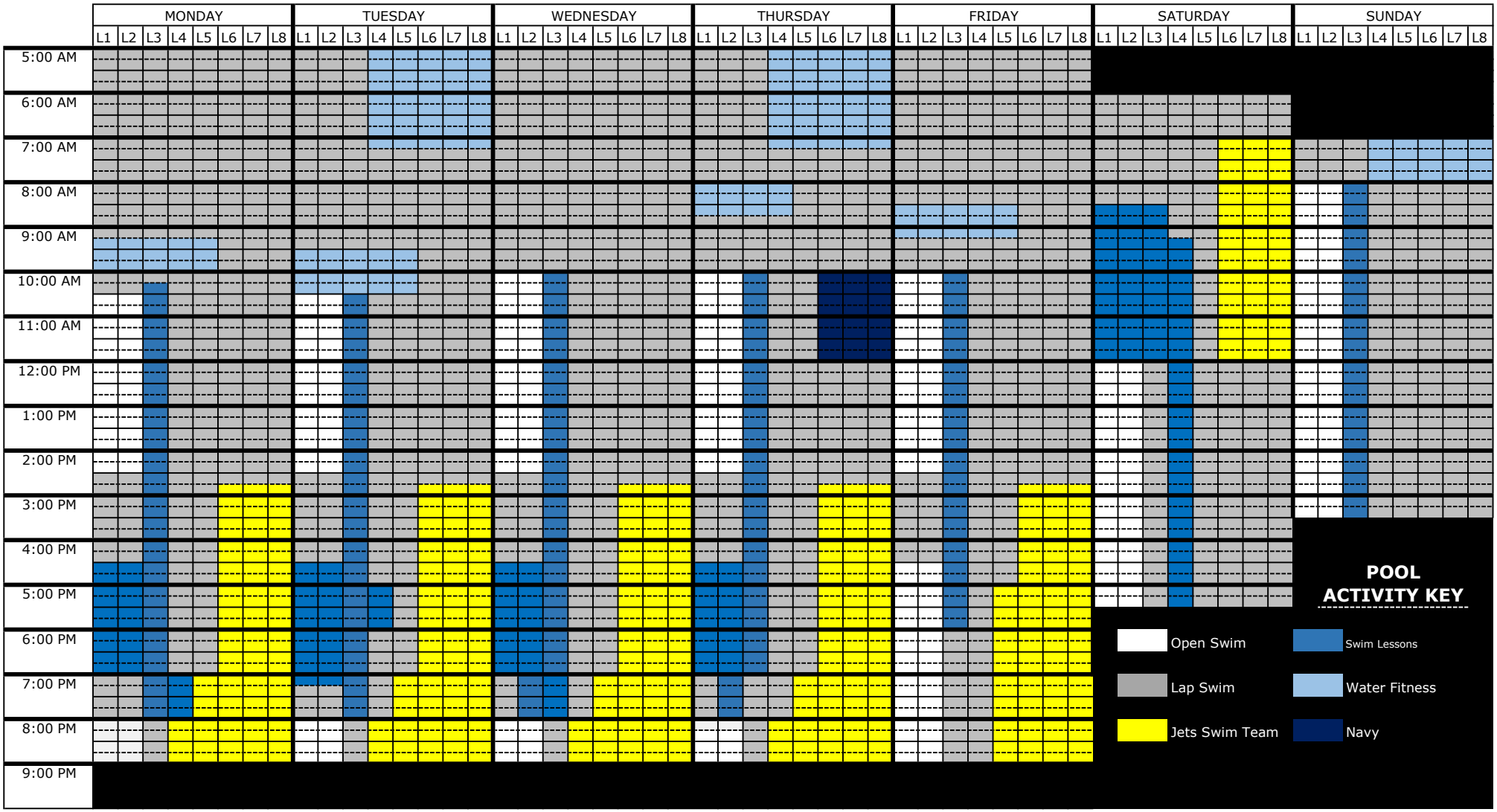
Please note there will be staff training and other events in the Lap Pool on various days

Waterpark Hours
Monday – Thursday
5:10-8P

*LARGE SLIDES availability is subject to change on evenings and weekends.

**C.W. AVERY FAMILY YMCA POOL SCHEDULE**

**3/13/2023 -4/23/2023**




Please note: Lap swimmers will need to share lanes. Schedule is subject to change due to special events, and at lifeguard discretion.