

# SWIMMING FURTHER FASTER

C.W. AVERY FAMILY YMCA POOL SCHEDULE



Summer 2 2025: Monday July 7th - August 10th

	FAMILY POOL SCHEDULE						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OPEN SWIM (LARGE SLIDES AND SPLASH PLAYGROUND)</b>	12:00P-3:00P 5:40P-7:30P	12:00P-3:00P 5:40P-7:30P	12:00P-3:00P 5:40P-7:30P	12:00P-3:00P 5:40P-7:30P	12:00P-3:00P 4:30P-7:30P	12:00P-5:00P	12:00P-3:30P
<b>SPLASH PLAYGROUND ONLY</b>	9:30A-12:00P 4:30P-5:40P	9:30A-12:00P 4:30P-5:40P	9:30A-12:00P 4:30P-5:40P	9:30A-12:00P 4:30P-5:40P			
<b>WATER VORTEX (OPEN TO ALL AGES)</b>	10:30A-3:00P 6:00P-7:30P	10:30A-3:00P 6:00P-7:30P	10:30A-3:00P 6:00P-7:30P	10:30A-3:00P 6:00P-7:30P	1:00P-3:00P 5:30P-7:30P	12:00P-5:00P	12:00P-3:30P
<b>WATER WALKING (ADULTS ONLY)</b>	9:00A-10:30A 4:30P-6:00P	9:00A-10:30A 4:30P-6:00P	9:00A-10:30A 4:30P-6:00P	9:00A-10:30A 4:30P-6:00P	12:00P-1:00P 4:30P-5:30P	9:20A-11:50A	
<b>GROUP SWIM LESSONS</b>	9:00A-12:00P 4:25P-5:40P	9:00A-12:00P 4:25P-5:40P	9:00A-12:00P 4:25P-5:40P	9:00A-12:00P 4:25P-5:40P		9:20A-11:50A	
<b>WATER FITNESS</b>			9:30A-10:15A Water Fitness by Rhonda				

**JETS practice M/W/F 6:30A-8:30A & T/TH 7A-8:30A, M/T/W 5P-8:30P & TH 3P-8:30P & FRI 5P-7P, SAT 7A-11A. EXPECT FEWER LAP LANES.**

**Plainfield High School Swim Team Clinic 7/21-7/25 6A-8A. EXPECT FEWER LANES.**

**Summer Day Camp swims in the Family Pool M-F 12P-3P. EXPECT A HIGHER VOLUME OF SWIMMERS.**

	LAP POOL SCHEDULE						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LAP SWIM</b>	5:00A-5:00P 8:00P-9:00P	5:00A-5:00P 7:00P-9:00P	5:00A-5:00P 8:00P-9:00P	5:00A-3:00P 7:00P-9:00P	5:00A-9:00P	6:00A-9:00A 11:00A-5:30P	7:00A-3:30P
<b>LAP SWIM 15+</b>	5:00P-8:00P	5:00P-7:00P	5:00P-8:00P	3:00P-7:00P		9:00A-11:00A	
<b>OPEN SWIM</b>	10:00A-3:00P 7:00P-9:00P	10:00A-3:00P 7:00P-9:00P	9:00A-3:30P 7:00P-9:00P	9:00A-3:00P 7:00P-9:00P	9:30A-9:00P	12:00P-5:30P	8:00A-3:30P
<b>GROUP SWIM LESSONS</b>	9:00A-12:00P 2:00P-8:00P	9:00A-12:00P 2:00P-7:00P	9:00A-12:00P 2:00P-8:00P	9:00A-12:00P 2:00P-7:00P		9:20A-11:50A	
<b>WATER FITNESS</b>	9:00A-9:45A Water Fitness by Minerva	5A-6A & 6A-7A Master's Swim  9:00A-9:45A Water Fitness by Janet		5A-6A & 6A-7A Master's Swim  8:00A-8:45A Deep Water Fitness by Minerva	5:30A-6:15A Master's Swim  8:30A-9:15A Water Fitness by Rhonda		7:00A-8:15A Master's Swim
<b>JETS SWIM TEAM</b>	6:30A-8:30A 5:00P-8:30P	7:00A-8:30A 5:00P-8:30P	6:30A-8:30A 5:00P-8:30P	7:00A-8:30A 3:00P-8:30P	6:30A-8:30A 5:00P-7:00P	7:00A-11:00A	

**\*LARGE SLIDES\***  
availability subject to change on weekdays and weekends.

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

**PARENT/GUARDIAN MUST BE IN THE WATER WITHIN ARMS REACH OF ALL RED WRISTBAND SWIMMERS.**

**Please review the lap lane pool usage schedule to determine lane availability during high volume times.**

## C.W. AVERY FAMILY YMCA POOL SCHEDULE 7/7/2025 - 8/10/2025

[illegible]

**POOL ACTIVITY KEY**

- Open Swim
- Lap Swim
- Jets Swim Team
- NAVY
- Swim Lessons
- Water Fitness
- Camp Lessons
- Lap Swim 15+

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