

Centennial Hills YMCA THERAPY POOL Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM		Therapy Pool Closed 9:30-12pm	Therapy Pool Closed 9:30-12pm	Therapy Pool Closed 9:30-12pm	Therapy Pool Closed 9:30-12pm	Therapy Pool Closed	Therapy Pool Closed 8:30-1pm
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM		Therapy Pool Closed 12:30-2:30		Therapy Pool Closed 12:30-2:30		Therapy Pool Closed 12:30-2:30	
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM		Therapy Pool Closed 4-6pm	Therapy Pool Closed 4-6:30pm	Therapy Pool Closed 4-6pm	Therapy Pool Closed 4-6:30pm		
5:00 PM							
5:30 PM							
6:00 PM							Therapy Pool Closes at 5pm
6:30 PM		Water Aerobics 6:30-7:20pm		Water Aerobics 6:30-8:30pm			
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM		8:30	8:30		8:30	8:30	

KEY: First, choose the day that you wish to swim. Second, choose the time block that you wish to swim. Where the day and time intersect, that will show if the Therapy Pool is open or closed

Swim Lessons:

Preschool - Mon thru Thurs 9:30 to 11:45am & 4:00 to 6:30pm Sat. 8:45am to 1:00pm

***YMCA Swim Instructors may use half of the therapy pool during open times for private swim lessons**

Arthritic Splash - Monday, Wednesday, Friday 12:30pm-1:15pm

CLV Active Adults - Monday & Wednesday 1:30 to 2:30pm, Friday 9:30 to 10:30am

*****Therapy Pool is closed to the public during the shaded times.**