



CENTENNIAL HILLS YMCA LAP POOL SCHEDULE

May 18th - May 24th

Outdoor Pool Opens Friday, May 22nd : 2pm - 7pm

Saturday-Thursday: 12pm-5pm

Memorial Day: Only the outdoor waterpark is open

There are no group programs from May 25th-May 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 9:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes	5:00am - 9:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes	5:00am - 9:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes	5:00am - 9:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes	5:00am - 9:30am Lap Swim 2-4 lanes Rec Swim 1-2 lanes	7:00am - 9:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes	
Aqua Classic Cardio 9:00am - 9:50am	Aqua Fit 9:00am - 9:50am	Water In Motion Strength 9:00am - 9:50am	Water In Motion Strength/S'WET 9:00am - 9:50am	Water In Motion Strength 9:30am - 10:20am	Swim Lessons- Practice 9:00am-12:00pm *Pool Is Closed during Programs	9:00am - 1:00pm
9:00am - 10:00am Lap Swim 1-3 lanes	9:00am - 10:00am Lap Swim 1-3 lanes	9:00am - 10:00am Lap Swim 1-3 lanes	9:00am - 10:00am Lap Swim 1-3 lanes	9:30am - 10:20am Lap Swim 1-3 lanes		Lap Swim 2-4 lanes
10:00am - 2:00pm Lap Swim 2-3 lanes Rec Swim 1 lane	10:00am - 2:00pm Lap Swim 2-3 lanes Rec Swim 1 lane	10:00am - 2:00pm Lap Swim 2-3 lanes Rec Swim 1 lane	10:00am - 2:00pm Lap Swim 2-3 lanes Rec Swim 1 lane	10:00am - 2:00pm Lap Swim 2-3 lanes Rec Swim 1 lane	1:00pm - 3:45pm Lap Swim 1-3 lanes Rec Swim 1 lane	Rec Swim 1 lane
2:00pm - 4:00pm Lap Swim 2-4 lanes Rec Swim 1-2 lanes	2:00pm - 4:00pm Lap Swim 2-4 lanes Rec Swim 1-2 lanes	2:00pm - 4:00pm Lap Swim 2-4 lanes Rec Swim 1-2 lanes	2:00pm - 4:00pm Lap Swim 2-4 lanes Rec Swim 1-2 lanes	2:00pm - 6:45pm Lap Swim 2-4 lanes Rec Swim 1 lane		
Swim Lessons- Practice 4:00pm - 7:00pm *Pool Is Closed during Programs	Swim Lessons- Practice 4:00pm - 7:00pm *Pool Is Closed during Programs	Swim Lessons- Practice 4:00pm - 7:00pm *Pool Is Closed during Programs	Swim Lessons- Practice 4:00pm - 7:00pm *Pool Is Closed during Programs	SWIM TESTS ARE REQUIRED FOR 11 YEARS AND UNDER TO BE IN THE POOL WITHOUT A LIFEJACKET AND/OR PARENT/GUARDIAN WITHIN ARMS REACH. SWIM TEST CONSIST OF SWIMMING 25 YARDS FROM DEEP END TO SHALLOW END OF THE LAP POOL WITHOUT STOPPING.		
Lap Swim 7:00pm-7:45pm 1-2 lanes	Lap Swim 7:00pm - 7:45pm 2-4 lanes	Lap Swim 7:00pm-7:45pm 1-2 lanes	Lap Swim 7:00pm - 7:45pm 2-4 lanes	SWIM TEST CONSIST OF SWIMMING 25 YARDS FROM DEEP END TO SHALLOW END OF THE LAP POOL WITHOUT STOPPING. TO TAKE A SWIM TEST PLEASE ASK LIFEGUARD ON DUTY. LIFEGUARDS RESERVE THE RIGHT TO SWIM TEST ALL PATRONS.		
Masters 6:45pm - 7:45pm	Rec Swim 1 lane	Aqua Zumba 6:50pm - 7:40 pm	Rec Swim 1 lane			



CENTENNIAL HILLS YMCA: THERAPY POOL SCHEDULE

May 18th - May 24th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 8:00am Adult Therapy Use Only	5:00am - 8:00am Adult Therapy Use Only	5:00am - 8:00am Adult Therapy Use Only	5:00am - 8:00am Adult Therapy Use Only	5:00am - 8:00am Adult Therapy Use Only	7:00am-8:30am Open Swim	9:00am - 10:30am Adult Therapy Use Only: See requirements for use below
8:00am - 11:45am Open Swim	8:00am - 10:00am Open Swim	8:00am - 12:45pm Open Swim	8:00am - 10:00am Open Swim	8:00am - 12:15pm Open Swim	8:30am - 1:00pm Swim Lessons *Pool Is Closed during Programs	
11:45am - 12:45pm Closed	10:00am - 11:15am Swim Lessons *Pool Is Closed during Programs	12:45pm - 1:45pm Closed	10:00am - 11:15am Swim Lessons *Pool Is Closed during Programs	12:15pm - 1:15pm Closed	1:00pm-2:45pm Open Swim: ½ Pool	10:30am - 12:45pm Open Swim
12:45pm - 4:30pm Open Swim	11:15am - 12:30pm Open Swim ½ Pool 12:30pm - 1:20pm Arthritic Splash* 1:20pm - 4:15pm Open Swim	2:20pm - 4:30pm Open Swim	11:15am - 12:30pm Open Swim ½ Pool 12:30pm - 1:20pm Arthritic Splash* 1:20pm - 4:00pm Open Swim	1:15pm - 6:45pm Open Swim	2:45pm-3:45pm Adult Therapy Use Only	
4:30pm - 5:45pm Swim Lessons *Pool Is Closed during Programs	5:00pm - 5:30pm Swim Lessons *Pool Is Closed during Programs	4:15pm - 5:45pm Swim Lessons *Pool Is Closed during Programs	5:00pm - 6:15pm Swim Lessons *Pool Is Closed during Programs	<p>Adult Therapy Use Only: For therapeutic, recovery and low impact water exercise. Open Swim: Therapy pool is open for family, recreation and therapy use. POOL AVAILABILITY MAY BE SUBJECT TO CHANGE ON A DAILY, WEEKLY, OR MONTHLY BASIS. INSTRUCTORS MAY USE PART OF THE THERAPY POOL FOR SWIM LESSONS. *POOL IS CLOSED DURING PROGRAMS SWIM TESTS ARE REQUIRED FOR 11 YEARS AND UNDER TO BE IN THE POOL WITHOUT A LIFEJACKET AND/OR PARENT/GUARDIAN WITHIN ARMS REACH. SWIM TEST CONSIST OF SWIMMING 25 YARDS FROM DEEP END TO SHALLOW END OF THE LAP POOL WITHOUT STOPPING. TO TAKE A SWIM TEST PLEASE ASK LIFEGUARD ON DUTY. LIFEGUARDS RESERVE THE RIGHT TO SWIM TEST ALL PATRONS.</p>		
5:45pm - 7:00pm ½ Open Swim	5:30pm - 7:00pm ½ Open Swim	5:45pm - 7:00pm ½ Open Swim	6:15pm - 7:00pm ½ Open Swim			
7:00pm - 7:45pm Adult Therapy Use Only	7:00pm - 7:45pm Adult Therapy Use Only	7:00pm - 7:45pm Adult Therapy Use Only	7:00pm - 7:45pm Adult Therapy Use Only			