



CENTENNIAL HILLS YMCA LAP POOL SCHEDULE

May 1st - May 17th

Friday, May 1st: The pool area will close at 4pm
 Saturday, May 16th: The pool area will close at 1pm
 Outdoor Pool Opens Friday, May 22nd: 2pm - 7pm
 Saturday-Thursday: 12pm-5pm

| 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 - 12:45pm |
| 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 Rec Swim 1 lane |
| 10:00am - 2:30pm Lap Swim 2-3 lanes Rec Swim 1 lane | 10:00am - 2:30pm Lap Swim 2-3 lanes Rec Swim 1 lane | 10:00am - 2:30pm Lap Swim 2-3 lanes Rec Swim 1 lane | 10:00am - 4pm Lap Swim 2-3 lanes Rec Swim 1 lane | 10:20am - 2:30pm Lap Swim 2-3 lanes Rec Swim 1 lane | 1:00pm - 3:45pm Lap Swim 1-3 lanes Rec Swim 1 lane | |
| 2:30pm - 4:00pm Lap Swim 1-2 lanes | 2:30pm - 4:00pm Lap Swim 1-2 lanes | 2:30pm - 4:00pm Lap Swim 1-2 lanes | 2:30pm - 4:00pm Lap Swim 1-2 lanes | 4:00pm - 6:45pm Lap Swim 2-4 lanes | | |
| 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 Masters 6:45pm - 7:45pm | Lap Swim 7:00pm - 7:45pm 2-4 lanes Rec Swim 1 lane | Lap Swim 7:00pm-7:45pm 1-2 lanes Aqua Zumba 6:50pm - 7:40 pm | Lap Swim 7:00pm - 7:45pm 2-4 lanes Rec Swim 1 lane | 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. | | |



CENTENNIAL HILLS YMCA: THERAPY POOL SCHEDULE

May 1st - 17th

| 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 - 5:45pm 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 | | | |