



CENTENNIAL HILLS YMCA

LAP POOL SCHEDULE

May 25th – May 31st

Outdoor Pool Hours: Saturday-Thursday: 12pm-5pm
 Fridays: 2pm-7pm
 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 – 8:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes Aqua Fit Cardio 8:00am – 8:50am 8:00am – 9:00am Lap Swim 1-3 lanes 9:00am – 10:30am Lap Swim 2-3 lanes Rec Swim 1 lane 10:30am – 7:45pm Lap Swim 2-3 lanes Rec Swim 1 lane	5:00am – 8:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes Aqua Fit 8:00am – 8:50am 8:00am – 9:00am Lap Swim 1-3 lanes 9:00am – 7:45pm Lap Swim 2-3 lanes Rec Swim 1 lane AquaFit 7:00pm – 7:45pm	5:00am – 8:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes Water In Motion Strength 8:00am – 8:50am 8:00am – 9:00am Lap Swim 1-3 lanes 9:00am – 11:30am Lap Swim 2-3 lanes Rec Swim 1 lane 11:30am – 7:45pm Lap Swim 2-3 lanes Rec Swim 1 lane AquaFit 7:00pm – 7:45pm	5:00am – 8:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes Water In Motion Strength/S'WET 8:00am – 8:50am 8:00am – 9:00am Lap Swim 1-3 lanes 9:00am – 7:45pm Lap Swim 2-3 lanes Rec Swim 1 lane	5:00am – 10:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes Water In Motion Strength 10:00am – 10:50am 10:00am – 11:00am Lap Swim 1-3 lanes 11:00am – 12:00pm Lap Swim 1-3 lanes 12:00pm – 6:45pm Lap Swim 2-3 lanes Rec Swim 1 lane	7:00am – 3:45pm Lap Swim 2-4 lanes Rec Swim 1 lane	9:00am – 12:45pm Lap Swim 2-4 lanes Rec Swim 1 lane
					<p>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.</p> <p>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>	



CENTENNIAL HILLS YMCA: THERAPY POOL SCHEDULE

May 25th - May 31st

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		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	7:00am-12:00pm Open Swim	
11:45am - 12:45pm Closed		12:45pm - 1:45pm Closed		12:15pm - 1:15pm Closed	12:00pm-2:45pm Open Swim: ½ Pool	10:30am - 12:45pm Open Swim
	11:15am - 12:30pm Open Swim ½ Pool 12:30pm - 1:20pm Arthritic Splash*		11:15am - 12:30pm Open Swim ½ Pool 12:30pm - 1:20pm Arthritic Splash*	1:15pm - 6:45pm Open Swim	2:45pm-3:45pm Adult Therapy Use Only	
12:45pm - 7:00pm Open Swim	1:20pm - 7:00pm Open Swim	1:45pm - 7:00pm Open Swim	1:20pm - 7:00pm Open Swim	<p>Adult Therapy Use Only: For therapeutic, recovery and low impact water exercise.</p> <p>Open Swim: Therapy pool is open for family, recreation and therapy use.</p> <p>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.</p> <p>*POOL IS CLOSED DURING PROGRAMS</p> <p>SWIM TESTS ARE REQUIRED FOR 11 YEARS AND UNDER TO BE IN THE POOL WITHOUT A LIFEJACKET AND/OR PARENT/GUARDIAN WITHIN ARMS REACH.</p> <p>SWIM TEST CONSIST OF SWIMMING 25 YARDS FROM DEEP END TO SHALLOW END OF THE LAP POOL WITHOUT STOPPING.</p> <p>TO TAKE A SWIM TEST PLEASE ASK LIFEGUARD ON DUTY.</p> <p>LIFEGUARDS RESERVE THE RIGHT TO SWIM TEST ALL PATRONS.</p>		
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			