

AQUATIC SCHEDULE BUTLER YMCA Begins October 28, 2024

	SUNDAY		MONDAY		TUE	SDAY	WEDNESDAY	
	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN
5:30am 6:00 6:30 7:00 7:30 8:00 8:30 9:00	CLOSED			Open Swim 5:30am-11:00am	Open Swim 5:30am-9:30am	Open Swim 5:30am-10:15am Swim Lessons (1 lane) 9:00am-10:05am	Open Swim	Open Swim 5:30am-11:30am
9:30 10:00 10:30					Pool Jogging w/HIIT Blasts & Abs 9:30am-10:30am	Aqua for Arthritis 10:15am-11:00am	5:30am-1:00pm	
11:00 11:30	Open Swim	Open Swim 10:00am- 2:00pm	Open Swim 5:30am- 3:15pm	Homeschool Gym & Swim 11:00am-12:00pm	Open Swim 10:30am-12:00pm	Gentle Water Exercise 11:00am-11:45am		Aqua Weight Training 11:30am-12:15pm
Noon 12:30	10:00am- 2:00pm			Work it in the Water 12:00pm-12:45pm		Open Swim 11:45am-1:00pm		YOGA H2O 12:15pm-1:00pm
1:00 1:30 2:00				Open Swim 12:45pm-1:30pm Aqua Dance Party 1:30pm-2:15pm	CLOSED 1:00pm-3:00pm	CLOSED 1:00pm-3:00pm	CLOSED 1:00pm-3:00pm	CLOSED 1:00pm-3:00pm
2:30 3:00 3:30 4:00 4:30	CLOSED		Knoch Swim Team 3:15pm-4:00pm Begins Nov. 4 5 lanes Butler Barracuda &	Open Swim 2:15pm-5:30pm	Knoch Swim Team 3:15pm-4:00pm 5 lanes Butler Barracuda & Knoch Swim Teams		Knoch Swim Team 3:15pm-4:00pm 5 lanes Butler Barracuda & Knoch Swim Teams 4:00pm-5:00pm 5 lanes 5:00pm-7:00pm 4 lanes 1 lane open	Open Swim 3:00pm-5:00pm
5:00 5:30 6:00			Knoch Swim Teams 4:00pm-5:00pm 5 lanes 5:00pm-7:00pm 4 lanes 1 lane open	n	4:00pm-5:00pm 5 lanes 5:00pm-7:00pm 4 lanes ==========	Open Swim 3:00pm-8:00pm		Swim Lessons 5:00pm-6:45pm
6:30 7:00 7:30 8:00			for members Open Swim 7:00pm-8:00pm	Open Swim 7:15pm-8:00pm	Swim Lessons (1 lane) 5:30pm-7:30pm Open Swim 7:30pm-8:00pm		for members Open Swim 7:00pm-8:00pm	Open Swim 6:45pm-8:00pm

• The Pool Schedule is SUBJECT TO CHANGE. Updated schedules will then be available at the Communication Board and on the website.

- Private Swim Lessons available. Please check with the Swim Lesson Coordinator for times and pool availability.
- No lap lane will be available when YMCA Child Care is swimming, OTHERWISE 1 lap lane will be available.
- When a birthday party is scheduled in Pool 2, half of the pool will still be open to other members.
- Water Group Fitness class sizes will be limited to 20 members in Pool 1 and 30 members in Pool 2
- During Water Group Fitness classes, only class participants are to be in Pool 2; no other members or guests are permitted in the pool.
- 6 persons max in the Whirlpool at one time
- Swim Lessons run week of October 28 through week of December 16, 2024 (7 weeks) then OPEN swim.



5:30am	POOL 1	McLAUGHLIN					
5:30am			POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	STOP Test. Mark. Protect.
6:00 6:30 7:00 7:30	Open Swim 5:30am-9:30am		Open Swim 5:30am-9:15am	Open Swim 5:30am-9:00am		Open Swim	
8:00 8:30 9:00		Open Swim 5:30am-11:00am			-	7:30am-9:00am	_
9:00 9:30 10:00	Deep H2O Suspension 9:30am-10:30am		Aqua Intervals 9:15am-10:15am	VMCA Child Cours	Open Swim 7:30am-5:30pm	Swim Lessons 9:00am-1:15pm	• Ages 12 and under must pick-up a swim band before entering the pool.
10:30				YMCA Child Care Swim Lessons 9:00am-11:30am			 Bands indicate swimming ability. Red= Non-Swimmer
11:00 11:30	Open Swim 10:30am-1:00pm	Gentle Water Exercise 11:00am-11:45am	Open Swim 10:15am-3:15pm				 Green=Swimmer Ages 7 and under require reach
Noon 12:30		Total Body Conditioning 12:00pm-12:45pm		Open Swim 11:30am-7:00pm			 supervision from an adult in the water regardless of band color. <u>Red bands are restricted to shallow</u> water and require adult reach supervision in the water at all times. Only swimmers 8-12 years old who have passed the Green Band swim test are permitted in all areas of the pools without an adult. <u>Green Band</u> <u>Swim Testing Times</u> Monday-Wednesday 9:00am-6:30pm Friday 9:00am-6:30pm Saturday 9:00am-4:30pm Sundays 10:00am-1:30pm
1:00 1:30 2:00 2:30	CLOSED 1:00pm-3:00pm	CLOSED 1:00pm-3:00pm				Open Swim 1:15pm-5:30pm	
3:00 3:30	Knoch Swim Team 3:15pm-4:00pm 5 lanes		Knoch Swim Team 3:15pm-4:00pm 5 lanes				
4:00 4:30 5:00 5:30	Butler Barracuda & Knoch Swim Teams 4:00pm-5:00pm	Open Swim	Butler Barracuda & Knoch Swim Teams 4:00pm-5:00pm 5 lanes				
6:00 6:30	5 lanes 5:00pm-7:00pm 4 lanes	3:00pm-8:00pm	5:00pm-7:00pm 4 lanes 1 lane open for members		CLOSED	CLOSED	
7:00 7:30 8:00	======= Swim Lessons (1 lane) 5:30pm-7:30pm		CLOSED	CLOSED	CLOSED		