



AQUATIC SCHEDULE

BUTLER YMCA
Begins January 2, 2025

724.287.4733

| | SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | |
|--------|------------------------------------|------------------------------------|--|--|--|---|-----------------------------------|--|
| | POOL 1 | McLAUGHLIN | POOL 1 | McLAUGHLIN | POOL 1 | McLAUGHLIN | POOL 1 | McLAUGHLIN |
| 5:30am | CLOSED | | | Open Swim 5:30am-12:00pm | Open Swim 5:30am-9:30am | Open Swim 5:30am-10:15am | Open Swim 5:30am-1:00pm | Open Swim 5:30am-11:30am |
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| 10:00 | Open Swim 10:00am-2:00pm | Open Swim 10:00am-2:00pm | Open Swim 5:30am- 3:15pm | Work it in the Water 12:00pm-12:45pm | Pool Jogging w/HIIT Blasts & Abs 9:30am-10:30am | Aqua for Arthritis 10:15am-11:00am | | |
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| 3:30 | CLOSED | | Knoch Swim Team 3:15pm-4:00pm 5 lanes | Open Swim 2:15pm-5:00pm | Open Swim 10:30am-1:00pm | Gentle Water Exercise 11:00am-11:45am | | Aqua Weight Training 11:30am-12:15pm |
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| | CLOSED | | Butler Barracuda & Knoch Swim Teams 4:00pm-5:00pm 5 lanes | Swim Lessons 5:00pm-7:15pm | CLOSED 1:00pm-3:00pm | CLOSED 1:00pm-3:00pm | | YOGA H2O 12:15pm-1:00pm |
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| | CLOSED | | 5:00pm-7:00pm 4 lanes 1 lane open for members | Swim Lessons 5:00pm-7:15pm | Open Swim 12:45pm-1:30pm | Open Swim 11:45am-1:00pm | | |
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| | CLOSED | | Open Swim 7:00pm-8:00pm | Open Swim 7:15pm-8:00pm | Open Swim 3:15pm-4:00pm 5 lanes | Open Swim 3:00pm-5:00pm | | Open Swim 3:00pm-5:00pm |
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- 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 January 6 through week of February 17, 2025 (7 weeks) then OPEN swim.**



AQUATIC SCHEDULE

BUTLER YMCA
Begins January 2, 2025

| | THURSDAY | | FRIDAY | | SATURDAY | |
|--------|--|---|--|---|--|--------------------------------|
| | POOL 1 | McLAUGHLIN | POOL 1 | McLAUGHLIN | POOL 1 | McLAUGHLIN |
| 5:30am | Open Swim 5:30am-9:30am | Open Swim 5:30am-11:00am | Open Swim 5:30am-9:15am | Open Swim 5:30am-9:00am | | |
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| 8:00 | Deep H2O Suspension 9:30am-10:30am | Gentle Water Exercise 11:00am-11:45am | Aqua Intervals 9:15am-10:15am | YMCA Child Care Swim Lessons 9:00am-11:30am | Open Swim 7:30am-5:30pm ===== | Open Swim 7:30am-9:00am |
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| 9:00 | | | | | | |
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| 10:00 | | | | | | |
| 10:30 | Open Swim 10:30am-1:00pm | Total Body Conditioning 12:00pm-12:45pm | Open Swim 10:15am-3:15pm | Homeschool Gym & Swim 11:30am-12:30pm | Swim Lessons (1 lane) 9:30am-12:00pm | Swim Lessons 9:00am-12:30pm |
| 11:00 | | | | | | |
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| 12:30 | | | | | | |
| 1:00 | CLOSED 1:00pm-3:00pm | CLOSED 1:00pm-3:00pm | Knoch Swim Team 3:15pm-4:00pm 5 lanes | Open Swim 12:30pm-7:00pm | CLOSED | Open Swim 12:30pm-5:30pm |
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| 3:00 | | | | | | |
| 3:30 | Butler Barracuda & Knoch Swim Teams 4:00pm-5:00pm 5 lanes | Open Swim 3:00pm-8:00pm | Knoch Swim Team 3:15pm-4:00pm 5 lanes | Open Swim 12:30pm-7:00pm | CLOSED | CLOSED |
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| 6:00 | 5:00pm-7:00pm 4 lanes | Butler Barracuda & Knoch Swim Teams 4:00pm-5:00pm 5 lanes | 5:00pm-7:00pm 4 lanes 1 lane open for members | CLOSED | CLOSED | CLOSED |
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Test. Mark. Protect.

- Ages 12 and under must pick-up a swim band before entering the pool.
- Bands indicate swimming ability.
- Red= Non-Swimmer
- Green=Swimmer
- Ages 7 and under require reach supervision from an adult in the water regardless of band color.
- Red bands are restricted to shallow 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.

**Green Band
Swim Testing Times**
Monday-Wednesday 9:00am-6:30pm
Friday 9:00am-6:30pm
Saturday 9:00am-4:30pm
Sundays 10:00am-1:30pm