

AQUATIC SCHEDULE BUTLER YMCA Begins May 6, 2025

724.287.4733

	SUNDAY		MONDAY		TUESDAY		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-12:00pm	Open Swim 5:30am-9:30am	Open Swim 5:30am-10:15am Swim Lessons (1 lane) 9:00am-10:05am	Open Swim 5:30am-9:00am	Open Swim 5:30am-11:30am
						1	Kicks & Currents 9:00am-10:00am	
9:30 10:00 10:30	Open Swim 10:00am- 2:00pm	Open Swim 10:00am- 2:00pm	Open Swim 5:30am- 5:00pm then 6:00pm-8:00pm		Pool Jogging w/HIIT Blasts & Abs 9:30am-10:30am Open Swim 10:30am-1:00pm	Aqua for Arthritis 10:15am-11:00am	9.00am-10.00am	
11:00 11:30						Gentle Water Exercise 11:00am-11:45am	Open Swim 10:00am-1:00pm	Aqua Weight Training 11:30am-12:15pm
Noon 12:30				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
2:00 2:30 3:00	-			1:30pm-2:15pm				
3:30 4:00 4:30	CLOSED		Swim Team (4 lanes) 4:00pm-7:30pm Test the Waters (5 lanes) 5:00pm-6:00pm	Open Swim 2:15pm-5:00pm	Open Swim 3:00pm-8:00pm ========	Open Swim 3:00pm-5:00pm	Open Swim 3:00pm-5:00pm then 6:00pm-8:00pm	Open Swim 3:00pm-5:00pm
5:00 5:30				Swim Lessons 5:00pm-7:15pm	Swim Team (4 lanes) 4:00pm-6:30pm	Swim Lessons 5:00pm-6:30pm	Swim Team (4 lanes) 4:00pm-7:30pm Test the Waters (5 lanes) 5:00pm-6:00pm	Swim Lessons 5:00pm-7:00pm
6:00 6:30 7:00					Swim Lessons (1 lane) 6:30pm-8:00pm	Open Swim 6:30pm-8:00pm		Open Swim
7:30 8:00				Open Swim 7:15pm-8:00pm				7:0pm-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 may 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 May 5 through week of June 16, 2025 (7 weeks) then OPEN swim.



	THU	RSDAY	FRIDAY		SATURDAY		
	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	STOP Test. Mark. Protect.
5:30am			-				
6:00	Open Swim						
6:30	5:30am-9:30am						
7:00	-		Open Swim				
7:30	4		5:30am-9:15am	Open Swim 5:30am-9:00am			
				5.50am 5.00am		Open Swim	
8:00						7:30am-9:00am	
8:30		Open Swim			Open Swim		• Ages 12 and under must pick-up a swim
9:00		5:30am-11:00am			7:30am-5:30pm		band before entering the pool.
9:30 10:00	Deep H2O		Aqua Intervals		========		
	Suspension 9:30am-10:30am		9:15am-10:15am				• Bands indicate swimming ability.
10:30		-		YMCA Child Care Swim Lessons	Swim Lessons		• Red= Non-Swimmer
				9:00am-11:30am	(1 lane) 9:30am-12:00pm	Swim Lessons 9:00am-12:30pm	• Green=Swimmer
11:00	Open Swim	Gentle Water					• Ages 7 and under require reach
11:30	10:30am-1:00pm	Exercise					supervision from an adult in the water
		11:00am-11:45am					regardless of band color.
Noon		Total Body	Open Swim				• Red bands are restricted to shallow
12:30	1	Conditioning 12:00pm-12:45pm	10:15am-7:00pm				water and require adult reach supervision
		12.00000-12.45000					in the water at all times.
1:00							
1:30 2:00	CLOSED	CLOSED 1:00pm-3:00pm					• Only swimmers 8-12 years old who have
2:00	1:00pm-3:00pm	1:00pm-3:00pm	=========				passed the Green Band swim test are permitted in all areas of the pools without
3:00				Open Swim			an adult.
3:30				11:30am-7:00pm		Open Swim 12:30pm-5:30pm	
	Open Swim 3:00pm-4:00pm		Swim Team			12.30011-3.30011	Green Band
	5.00pm-4.00pm		(4 lanes)				Swim Testing Times Monday-Wednesday 9:00am-6:30pm
		4	4:00pm-6:30pm				Friday 9:00am-6:30pm
4:00 4:30	 Swim Team						Saturday 9:00am-4:30pm Sundays 10:00am-1:30pm
	(5 lanes)	Open Swim					
5:00	4:00pm-7:30pm	3:00pm-8:00pm					
5:30	-						
6:00 6:30	==						
7:00	Swim Lessons				CLOSED	CLOSED	
7:30	(1 Lane) 6:15pm-7:30pm		CLOSED	CLOSED			
8:00	0.13hu-1:20hu						
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