


**Ridgedale YMCA**
**\*Hot Tub Cleaned Every Other Tuesday Morning.**

# LAP POOL SCHEDULE

April 22nd - 28th, 2024

**\*Schedule subject to change.**
**\*NO Reservations Required (Except Water Ex Classes)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 8:00am  Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am  Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am  Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am  Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am  Lap Swim (5) Exercise Lane (1)	CLOSED	CLOSED
8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED		
9:00am - 12:00pm  Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class  10:00am - 3:00pm  Lap Swim (5) Exercise Lane (1)	9:00am - 12:00pm  Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class  10:00am - 3:00pm  Lap Swim (5) Exercise Lane (1)	9:00am - 12:00pm  Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class  10:00am - 12:00pm  Lap Swim (5) Water Exercise (1)	Lap Swim (5) Water Exercise (1)
12:15pm - 2:55pm  Lap Swim (5) Water Exercise (1)	Lap Swim (5) Exercise Lane (1)	12:15pm - 2:55pm  Lap Swim (5) Water Exercise (1)	Lap Swim (5) Exercise Lane (1)	12:15pm - 3:55pm  Lap Swim (5) Water Exercise (1)	12:15pm - 3:45pm  Lap Swim (4) Open Swim (2)	12:00pm - 1:00pm Water Ex Class  1:00pm - 2:15pm  Lap Swim (5) Water Exercise (1)  2:30pm - 4:45pm
3:00pm - 4:15pm  Lap Swim (4) Open Swim (2)	3:00pm - 5:00pm  Lap Swim (4) Open Swim (2)	3:00pm - 4:15pm  Lap Swim (4) Open Swim (2)	3:00pm - 5:15pm  Lap Swim (4) Open Swim (2)	4:00pm - 6:15pm  Lap Swim (2)	4:00pm - 4:45pm  Lap Swim (5) Water Exercise (1)	Swim Team
4:30pm - 6:45pm  Swim Lessons (5) Lap Swim (1)	4:30pm - 6:45pm  Swim Lessons (5) Lap Swim (1)	4:30pm - 6:45pm  Swim Lessons (5) Lap Swim (1)	5:30pm - 6:30pm Swim Team (6) No Lap Swim	4:00pm - 6:00pm LG In-Service		
7:00pm - 7:45pm Water Ex Class	5:15pm - 6:45pm  Swim Team (5) Lap Swim (1)	6:45pm - 8:45pm  Lap Swim (5) Water Exercise (1)	6:30pm - 8:30pm  Swim Team (4) Lap Swim (2)	6:30pm - 7:30pm Water Ex Class  7:30pm - 8:45pm  Lap Swim (5) Water Exercise (1)	CLOSED	CLOSED
8:00pm - 8:45pm  Lap Swim (5) Water Exercise (1)	6:45pm - 8:30pm  Swim Team (4) Lap Swim (2)					
	CLOSED		CLOSED			

 For most up to date schedule, please check online: [https://www.ymcanorth.org/all\\_y\\_schedules/pdf\\_schedules](https://www.ymcanorth.org/all_y_schedules/pdf_schedules)

Open Swim is only available when listed on the schedule. If it is not listed on the schedule, it is not available.



**Ridgedale YMCA**

**\*Hot Tub Cleaned Every Other Tuesday Morning.**

# LAP POOL SCHEDULE

April 28th - May 5th, 2024

**\*Schedule subject to change.**

**\*NO Reservations Required (Except Water Ex Classes)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 8:00am  Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am  Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am  Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am  Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am  Lap Swim (5) Exercise Lane (1)	CLOSED	CLOSED
8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED		
9:00am - 12:00pm  Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class  10:00am - 3:00pm  Lap Swim (5) Exercise Lane (1)	9:00am - 12:00pm  Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class  10:00am - 3:00pm  Lap Swim (5) Exercise Lane (1)	9:00am - 12:00pm  Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class  10:00am - 12:00pm  Lap Swim (5) Water Exercise (1)	9:15am - 11:45am  Lap Swim (4) Open Swim (2)
12:15pm - 2:55pm  Lap Swim (5) Water Exercise (1)		12:15pm - 2:55pm  Lap Swim (5) Water Exercise (1)		12:15pm - 4:00pm  Lap Swim (5) Water Exercise (1)	12:15pm - 3:45pm  Lap Swim (4) Open Swim (2)	12:00pm - 1:00pm Water Ex Class  1:00pm - 2:15pm  Lap Swim (5) Water Exercise (1)
3:00pm - 4:15pm Lap Swim (4) Open Swim (2)	3:00pm - 5:00pm  Lap Swim (4) Open Swim (2)	3:00pm - 4:15pm Lap Swim (4) Open Swim (2)	3:00pm - 5:15pm  Lap Swim (4) Open Swim (2)	4:15pm - 6:15pm  Lap Swim (4) Open Swim (2)	4:00pm - 4:45pm  Lap Swim (5) Water Exercise (1)	2:30pm - 4:45pm  Swim Team
4:30pm - 6:45pm  Swim Lessons (5) Lap Swim (1)	5:15pm - 6:45pm  Swim Team (5) Lap Swim (1)	4:30pm - 6:45pm  Swim Lessons (5) Lap Swim (1)	5:30pm - 6:30pm Swim Team (6) No Lap Swim			
	6:45pm - 8:30pm  Swim Team (4) Lap Swim (2)	6:45pm - 8:45pm  Lap Swim (5) Water Exercise (1)	6:30pm - 8:30pm  Swim Team (4) Lap Swim (2)	6:30pm - 7:30pm Water Ex Class  7:30pm - 8:45pm  Lap Swim (5) Water Exercise (1)	CLOSED	CLOSED
7:00pm - 7:45pm Water Ex Class						
8:00pm - 8:45pm  Lap Swim (5) Water Exercise (1)	CLOSED		CLOSED			

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