

SWIMMING FURTHER FASTER

C.W. AVERY FAMILY YMCA POOL SCHEDULE

Winter 1 2025: Monday, January 6th – Sunday, February 2nd



FAMILY POOL SCHEDULE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM (LARGE SLIDES AND SPLASH PLAYGROUND)	6:20P-8:00P	6:20P-8:00P	6:20P-8:00P	6:20P-8:00P	5:00P-8:00P	12:00P-5:00P	12:00P-3:30P
SPLASH PLAYGROUND ONLY	9:30A-12:00P 5:00P-6:20P	9:30A-12:00P 5:00P-6:20P	9:30A-12:00P 5:00P-6:20P	9:30A-12:00P 5:00P-6:20P	10:00A-12:00P		
WATER VORTEX (OPEN TO ALL AGES)	6:00P-8:00P	6:00P-7:15P	6:00P-8:00P	6:00P-7:15P	5:00P-8:00P	12:00P-5:00P	12:00P-3:30P
WATER WALKING (ADULTS ONLY)	9:30A-12:00P 4:30P-6:00P	9:30A-12:00P 4:30P-6:00P 7:15P-8:00P	9:30A-12:00P 4:30P-6:00P	9:30A-12:00P 4:30P-6:00P 7:15P-8:00P	10:00A-12:00P	8:40A-12:00P	
GROUP SWIM LESSONS	9:30A-12:00P 4:30P-6:20P	9:30A-12:00P 4:30P-6:20P	4:30P-6:20P	9:30A-12:00P 4:30P-6:20P	-----	8:40A-12:00P	-----
WATER FITNESS			9:30A-10:15A Water Fitness by Rhonda				

LAP POOL SCHEDULE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:00A-4:30P 8:00P-9:00P	5:00A-4:30P 8:00P-9:00P	5:00A-4:30P 8:00P-9:00P	5:00A-4:30P 8:00P-9:00P	5:00A-5:00P 8:00P-9:00P	6:00A-8:30A 12:00P-5:30P	7:00A-3:30P
LAP SWIM 15+	4:30P-8:00P	4:30P-8:00P	4:30P-8:00P	4:30P-8:00P	5:00P-8:00P	8:30A-12:00P	
OPEN SWIM	10:00A-3:00P 7:00P-9:00P	10:00A-3:00P 7:00P-8:00P	9:00A-3:00P 7:00P-9:00P	9:00A-3:00P 7:00P-9:00P	9:30A-9:00P	12:00P-5:30P	9:00A-3:30P
GROUP SWIM LESSONS	9:30A-12:00P 4:30P-8:00P	9:30A-12:00P 4:30P-7:00P	9:30A-12:00P 4:30P-8:00P	9:30A-12:00P 4:30P-7:00P	-----	8:40A-12:00P	-----
WATER FITNESS	5:45A-6:30A Triathlon 101 by Mary 9:00A-9:45A Water Fitness by Minerva	5A-6A & 6A-7A Master's Swim 9:00A-9:45A Water Fitness by Janet	5:45A-6:30A Triathlon 101 by Mary	5A-6A & 6A-7A Master's Swim 8:00A-8:45A Deep Water Fitness by Minerva	5:30A-6:15A Master's Swim 8:30A-9:15A Water Fitness by Rhonda		7:00A-8:00A Master's Swim
JETS SWIM TEAM	5:00P-9:00P	5:00P-9:00P	5:00P-9:00P	5:00P-9:00P	5:00P-8:30P	8:00P-12:00P	
High School Swim Team	2:45P-5:00P	2:45P-5:00P	2:45P-5:00P	2:45P-5:00P	2:45P-5:00P	6:00A-8:00A	

H.S. Boys Swim Team practices Mon-Fri 2:45P-5P and Sat 2/1 6A-8A. EXPECT FEWER LANES.

JETS practice Mon-Thurs 5P-9P, Fri 5P-8:30P, and Sat 8A-12P. EXPECT FEWER LANES.

Diveheart will use lane 7 on Sat Jan. 18th from 12P-5:30P, and Sun Jan. 19th from 8:15A-1P.

Day out of School Monday January 6th and Monday January 20th. EXPECT HIGHER VOLUME IN FAMILY POOL.

January 6th, Open Swim in Family Pool 12P-3P.

Please review the lap lane pool usage schedule to determine lane availability during high volume times.



C.W. AVERY FAMILY YMCA POOL SCHEDULE
1/6/2025-2/2/2025

	Monday								Tuesday								Wednesday								Thursday								Friday								Saturday								Sunday															
	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8
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**POOL
ACTIVITY
KEY**

- Open Swim
- Lap Swim
- Jets Swim Team
- NAVY
- Water Fitness
- H.S Swim
- Lap Swim 15+
- Swim Lessons

Please note: Lap swimmers will need to share lanes. Schedule is subject to change due to special events, and at lifeguard discretion.