



# CADILLAC AREA YMCA POOL SCHEDULE

**SUMMER 2019: AUGUST 12TH-AUGUST 18TH**  
 UPDATED 8/7/19

**Building Hours**  
 Mon. – Fri 6am-9pm  
 Saturday 8am-8pm  
 Sunday 12p-8pm

**Child Watch Hours**  
 M-Th 7am-11:30am  
 M-Th 4pm-8pm  
 Friday 7am-6pm  
 Sat. 8:45a-12:30pm

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>6:00-8:25am</b> 5-6 Lap lanes 0-1 open swim lanes	<b>6:00-8:25am</b> 5-6 Lap lanes 0-1 open swim lanes	<b>6:00-9:00am</b> 5-6 Lap lanes 0-1 open swim lanes	<b>6:00-8:30am</b> 5-6 Lap lanes 0-1 open swim lanes	<b>6:00-8:25am</b> 5-6 Lap lanes 0-1 open swim lanes	<b>8:00-9:30am</b> 4-5 Lap lanes 1-2 open swim lanes
<b>7:00-8:55am</b> 4-5 Lap Lanes 1-2 Open swim lanes	<b>8:30-9:00am</b> 2-3 Lap lanes 0-1 open swim lanes <i>Deep Aqua Fit: 2-3 lanes</i>	<b>9:00-11:15am</b> 1-2 Lap lanes 2-3 open swim lanes <i>Y Swim Lessons: 1-2 Lanes Aqua Fit: 2-3 lanes from 10am-10:55am</i>	<b>8:30-9:00am</b> 2-3 Lap lanes 0-1 open swim lanes <i>Game Day: 3 lanes</i>	<b>8:30-10:00am</b> 3-4 Lap Lanes 2-3 Open swim lanes	<b>9:30-11:45am</b> 3-4 lap lanes 2-3 open swim lanes
<b>9:00-11:15am</b> 1-2 Lap lanes 2-3 open swim lanes <i>Y Swim Lessons: 1-2 Lanes</i>	<b>9:00-11:15am</b> 1-2 lap lanes 2-3 open swim lanes <i>Y Swim Lessons: 1-2 Lanes Deep Aqua Fit: 2-3 lanes until 9:25am</i>	<b>11:15-11:55am</b> 2-3 lap lanes 0-1 Open Swim lanes <i>Cardio Splash: 2-3 lanes 11a-11:55am Deep End Open Swim</i>	<b>9:00-11:15am</b> 1-2 lap lanes 0-1 open swim lanes <i>Y Swim Lessons: 1-2 Lanes (Water Fit uses 2-3 lanes 9a-9:25 &amp; 10am-10:55am)</i>		<b>11:45am-1:00pm</b> 3 Lap Lanes 2-3 Open Swim Lanes
<b>11:15-11:55am</b> 2-3 Lap lanes 0-1 Open Swim lanes <i>Cardio Splash: 2-3 lanes Deep End Open Swim</i>	<b>11:15-12:55pm</b> 3-4 Lap lanes 2-3 Open swim lanes	<b>11:55-12:25pm</b> 3 lap lanes 3 open swim lanes	<b>11:15-12:55pm</b> 3-4 Lap lanes 2-3 Open swim lanes	<b>10:00-12:00pm</b> 3-4 lap lanes 2-3 open swim lanes	<b>1:00-5:00p</b> 2-3 Lap Lanes 3-4 Open Swim Lanes
<b>11:55-12:55pm</b> 3 Lap lanes 3 Open swim lanes	<b>1:00-2:00pm</b> 2-3 lap lanes 3-4 Open swim lanes <b>Large Group: Dillon Day Camp</b>	<b>12:30-2:30pm</b> 0-1 Lap Lanes <b>S.A.W. LESSONS OCCUR IN POOL Spa open</b>	<b>1:00-2:00pm</b> 2-3 lap lanes 3-4 Open swim lanes <b>Large Group: Dillon Day Camp</b>	<b>12:00-12:55pm</b> 3-4 Lap lanes 2-3 Open swim lanes	<b>5:00-6:00pm</b> 3-4 lap lanes 2-3 open swim lanes
<b>1:00-1:55pm</b> 3 lap lanes <i>Aqua Lite: 2-3 lanes Deep end open swim Diving Board closed</i>	<b>2:00-5:00pm</b> 3-4 lap lanes 2-3 open swim lanes	<b>2:30-3:30pm</b> 3-4 lap lanes 2-3 open swim lanes	<b>2:00-5:00pm</b> 3-4 lap lanes 2-3 open swim lanes	<b>1:00-3:30pm</b> 3-4 Lap Lanes 2-3 Open Swim Lanes	
<b>2:00-5:00pm</b> 3 lap lanes 3 open swim lanes	<b>5:00-6:15pm</b> 1-2 lap lanes 2-3 open swim lanes <i>Y Swim: 1-2 Lanes</i>	<b>3:30-5:00pm</b> 2-3 Lap lanes 1-2 open swim lanes <i>CAPS: 2-3 Lanes</i>	<b>5:00-6:15pm</b> 1-2 lap lanes 2-3 open swim lanes <i>Y Swim: 1-2 Lanes</i>	<b>3:30-5:30pm</b> 2 lap lanes 1-2 open swim lanes <i>CAPS: 2-3 Lanes</i>	
<b>5:00-6:15pm</b> 1-2 lap lanes 2-3 open swim lanes <i>Y Swim: 1-2 Lanes</i>	<b>6:15-7:00</b> 3-4 Lap Lanes 2-3 open swim lanes	<b>5:00-5:30pm</b> 1 lap lanes 0-1 open swim lanes <i>Y Swim: 2 Lanes CAPS: 2 Lanes</i>	<b>6:15-7:00</b> 3-4 Lap Lanes 2-3 open swim lanes		
<b>6:15-8:00</b> 3-4 Lap Lanes 2-3 open swim lanes	<b>7:00-7:55</b> 1-2 lap lanes 2-3 Open swim lanes <i>Cardio Splash: 2-3 Lanes</i>	<b>5:30-6:15pm</b> 1-2 lap lanes 2-3 open swim lanes <i>Y Swim: 1-2 Lanes</i>	<b>7:00-7:55pm</b> 3-4 Lap Lanes 2-3 open swim lanes	<b>5:30-7:00p</b> 3 lap lanes 3 open swim lanes	
<b>8:00-9:00pm</b> 4-5 lap lanes 1-2 open swim lanes	<b>8:00-9:00pm</b> 4-5 lap lanes 1-2 open swim lanes	<b>6:15-9:00pm</b> 3-4 lap lanes 2-3 open swim lanes	<b>8:00-9:00pm</b> 4-5 lap lanes 1-2 open swim lanes	<b>8:00-9:00p</b> 3-4 lap lanes 2-3 open swim lanes	

## Pool Notes

When sharing a lap lane, please inform the current swimmer before joining. Lanes can be shared by splitting or circle swimming.

Aqua jogging is permitted in the lap lanes when 2 or more lanes are available.

Program and pool needs may require lane adjustments at any time. Lane changes may be delayed.

Please remove street shoes before entering the pool area, and take a soap shower before using the pool or spa.

Private lessons, safety drills, & Lifeguard training may occur at any time.

**CARING  
 HONESTY  
 RESPECT  
 RESPONSIBILITY**

**Sunday**  
**CLOSED SUNDAYS  
 FOR THE SUMMER**