



CADILLAC AREA YMCA POOL SCHEDULE

SUMMER 2019: AUGUST 19TH-AUGUST 25TH
 UPDATED 8/14/19

Building Hours
 Mon. – Fri 6am-9pm
 Saturday 8am-6pm
 Sunday CLOSED

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>
6:00-8:30am 5-6 Lap lanes 0-1 open swim lanes	6:00-8:25am 5-6 Lap lanes 0-1 open swim lanes	6:00-8:30am 5-6 Lap lanes 0-1 open swim lanes	6:00-8:30am 5-6 Lap lanes 0-1 open swim lanes	6:00-8:25am 5-6 Lap lanes 0-1 open swim lanes	8:00-9:30am 4-5 Lap lanes 1-2 open swim lanes
8:30-9:55am 3-4 Lap Lanes 2-3 Open swim lanes	8:25-9:35am 2-3 Lap lanes 0-1 open swim lanes <i>Deep Aqua Fit: 2-3 lanes</i>	8:30-9:55am 3-4 Lap Lanes 2-3 Open swim lanes	8:25-9:35am 2-3 Lap lanes 0-1 open swim lanes <i>Game Day: 3 lanes</i>	8:30-10:00am 3-4 Lap Lanes 2-3 Open swim lanes	9:30-11:45am 3-4 lap lanes 2-3 open swim lanes
10:00-10:55am 3-4 Lap lanes 2-3 open swim lanes	9:40-10:45am 3-4 lap lanes 2-3 open swim lanes	10:00-10:55am 2-3 lap lanes 0-1 Open swim lanes <i>Rotational Aqua Fit</i>	9:40-10:00am 3-4 lap lanes 2-3 open swim lanes		11:45am-1:00pm 3 Lap Lanes 2-3 Open Swim Lanes
11:00-11:55am 2-3 Lap lanes 0-1 Open Swim lanes <i>Cardio Splash: 2-3 lanes</i> <i>Deep End Open Swim</i>	10:50-12:00pm 3-4 lap lanes 2-3 Open swim lanes	11:00-11:55am 2-3 lap lanes 0-1 Open Swim lanes <i>Cardio Splash: 2-3 lanes</i> <i>Deep End Open Swim</i>	10:00-10:55am 3-4 lap lanes 2-3 Open swim lanes (deep end) <i>Aqua Kickboxing: 2-3 lanes (Shallow End)</i>	10:00-12:00pm 3-4 lap lanes 2-3 open swim lanes	1:00-5:00p 2-3 Lap Lanes 3-4 Open Swim Lanes
11:55-12:55pm 3 -4 Lap lanes 2-3 Open swim lanes	12:00-12:55pm 3-4 Lap lanes 2-3 Open swim lanes	11:55-12:25pm 3 lap lanes 3 open swim lanes	10:55-1:00pm 3-4 Lap lanes 2-3 Open swim lanes	12:00-12:55pm 3-4 Lap lanes 2-3 Open swim lanes	5:00-6:00pm 3-4 lap lanes 2-3 open swim lanes
1:00-1:55pm 3 lap lanes <i>Aqua Lite: 2-3 lanes</i> <i>Deep end open swim</i> <i>Diving Board closed</i>	1:00-2:00pm 2-3 lap lanes 3-4 Open swim lanes Large Group: Dillon Day Camp	12:30-2:30pm 0-1 Lap Lanes S.A.W. LESSONS OCCUR IN POOL <i>Spa open</i>	1:00-2:00pm 2-3 lap lanes 3-4 Open swim lanes Large Group: Dillon Day Camp	1:00-3:30pm 3-4 Lap Lanes 2-3 Open Swim Lanes	CLOSED SUNDAYS FOR THE SUMMER
2:00-3:30pm 3 lap lanes 3 open swim lanes	2:00-5:00pm 3-4 lap lanes 2-3 open swim lanes	2:30-3:30pm 3 lap lanes 3 open swim lanes	2:00-5:00pm 3 lap lanes 3 open swim lanes	3:30-5:30pm 1-2 lap lanes 1-2 open swim lanes <i>CAPS: 2-3 Lanes</i>	
3:30-5:30pm 1-2 Lap lanes 1-2 open swim lanes <i>CAPS: 2-3 Lanes</i>	5:00-6:55pm 3-4 lap lanes 2-3 open swim lane	3:30-5:30pm 1-2 Lap lanes 1-2 open swim lanes <i>CAPS: 2-3 Lanes</i>	5:00-7:00 3-4 Lap Lanes 2-3 open swim lanes		
5:30-8:00 3-4 Lap Lanes 2-3 open swim lanes	7:00-7:55 1-2 lap lanes 2-3 Open swim lanes <i>Cardio Splash: 2-3 Lanes</i>	5:30-8:00pm 3-4 lap lanes 2-3 open swim lanes	7:00-7:55pm 3-4 Lap Lanes 2-3 open swim lanes	5:30-7:00p 3 lap lanes 3 open swim lanes	
8:00-9:00pm 4-5 lap lanes 1-2 open swim lanes	8:00-9:00pm 4-5 lap lanes 1-2 open swim lanes	8:00-9:00pm 4-5 lap lanes 1-2 open swim lanes	8:00-9:00pm 4-5 lap lanes 1-2 open swim lanes	8:00-9:00p 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**