



# CADILLAC AREA YMCA POOL SCHEDULE

**SUMMER 2019: AUGUST 26TH-SEPTEMBER 1ST**  
 UPDATED 8/15/19

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