

Milton YMCA

Pool Schedule **July 7th – 12th 2025**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **7:00A-8:45A**  **Lap** | **7:00A-8:45A**  **Lap** | **7:00A-9:10A**  **Lap** | **7:00A-8:00A**  **Lap** | **7:00A-8:45A**  **Lap** |  |
| **8:45A-9:00A**  **Lap/Water Walk** | **8:45A-9:00A**  **Lap/Water Walk** |  | **8:00A-9:00A**  **Pilates**  **BARB** | **8:45A-9:00A**  **Lap/Water Walk** | **8:00A-8:30A**  **Lap/Water Walk** |
| **9:00A-10:00A**  **Aqua Class**  **BARB** | **9:00A-10:00A**  **Aqua Class**  **LYNN** | ***9:15A-11:15A***  ***YMCA Programming*** | **9:00A-10:00A**  **Aqua Class**  **BARB** | **9:00A-10:00A**  **Aqua Class**  **LYNN** | **8:30A-9:30A**  **Aqua Class**  **BARB/LYNN** |
| ***10:00A-11:00A***  ***Lessons*** | ***10:00A-11:00A***  ***YMCA Programming*** | **11:30A-12:30P**  **Paula’s SilverSneakers® Splash** | ***10:00A-11:00A***  ***YMCA Programming*** | ***10:00A-11:00A***  ***Lessons*** | **9:30A-11:00A**  ***YMCA Programming*** |
| **11:00A-1:00P**  **Lap** | **11:00A-1:30P**  **Lap** | **12:30P-1:00P**  **Lap/Water Walk** | **11:00A-1:30P**  **Lap** | **11:00A-1:00P**  **Lap** | **11:30A-1:15P**  **Lap/Water Walk** |
| **1:00P-2:00P**  **Arthritis** | ***1:30P-2:00P***  ***YMCA Programming*** | **1:00P-2:00P**  **Arthritis** | ***1:30P-2:00P***  ***YMCA Programming*** | **1:00P-2:00P**  **Arthritis** |  |
| ***2:00P-3:00P***  ***YMCA Programming*** | ***2:00P-3:00P***  ***YMCA Programming*** | ***2:00P-3:00P***  ***YMCA Programming*** | ***2:00P-3:00P***  ***Lessons/Lap*** | ***2:00P-3:00P***  ***YMCA Programming*** | **1:15P-1:30P**  **Swim Testing**  **\*\*Lap/Water Walk if there is no pool rental** |
| ***3:00P-4:30P***  ***Lessons*** | **3:00P-4:30P**  **Open Swim** | ***3:00P-4:30P***  ***Lessons*** | ***3:00P-4:30P***  ***Lessons*** | ***3:00P-4:30P***  ***Lessons*** | **1:30P-2:30P**  **Open Swim/Rental** |
| **4:30P-5:30P**  **Lap/Water Walk** | **4:30P-5:30P**  **Lap/Water Walk** | **4:30P-5:30P**  **Lap/Water Walk** | **4:30P-5:30P**  **Lap/Water Walk** | **4:30P-5:30P**  **Lap/Water Walk** |  |
| **5:30P-6:30P**  **Aqua Class**  **TERRI** | **5:30P-6:30P**  **Aqua Class**  **CAROL** | **5:30P-6:30P**  **Aqua Class**  **TERRI** | **5:30P-6:30P**  **Aqua Class**  **CAROL** | **5:30P-6:30P**  **Open Swim** |  |
| **6:30P-7:30P**  **Open Swim** | **6:30P-7:30P**  **Open Swim** | **6:30P-7:30P**  **Open Swim** | **6:30P-7:30P**  **Open Swim** | **Pool closes at 6:30** |  |

**\*Please be aware that the stair lane of the pool may be used for private swim lessons during Lap Swim times.**

**Lap Swim: Swimming the length of the pool, consistently (brief breaks allowed). During scheduled lap swim times, the lifeguard has the authority to assign lap lanes according to swimming ability and the safety of all swimmers. If there are lanes available for water walking, it is allowed, but water walkers are to stay clear of lap swimmers. Lap swim will also take precedence at these times, so water walkers may be asked to exit the water if a lane is needed for a lap swimmer.**

**Water Walk: Walking in the water as one does on land, treading water, or warming up for aquacise class.**

**\*\*\*During combined Lap/Water Walk times, the 2 lanes farthest from the pool stairs will be for lap swimmers only. The other 2 lanes (the stair lane and the one beside) are for water walkers/aquacise warm-ups only. It is the responsibility of the lap swimmers and water walkers to remain in their dedicated lanes. Aquacise classes are to start at their scheduled times, and lap swimmers must exit the water at the start of class.**

**\*\*\*All times will be followed as scheduled. Exceptions are at the discretion of the lifeguard based upon availability and safety.**

**\*\*\*You must pre-register for Aquacise Classes.**

**\*\*\*The stair lane may be used for private swim lessons during lap swim times.**

**WATER WALKERS: Please be mindful of the lap swimmers and your surroundings. Lap swimmers will likely have their faces in the water, so it is more difficult for them to stay clear of you than for you to stay clear of them.**

**The Milton YMCA pool is heavily used, and it is difficult to accommodate everyone! We appreciate your cooperation and understanding. Remember to please be considerate to all.**