



# Winona Family YMCA Pool Schedule Effective 9/15-10/5

Sauna, Steam and Whirlpool are open during pool hours.

## LAP SWIM TIMES

*Privates may use lanes at anytime*

MON	TUES	WED	THUR	FRI	SAT	SUN
5:00a-8:00a 5 lanes	5:00a-8:00a 5 lanes	5:00a-6:00a 5 lanes	5:00a-8:00a 5 lanes	5:00a-8:00a 5 lanes	6:00a-8:00a 4 Lanes	10:00a-1:15p 4 Lanes
8:00a-8:50a 2 lanes	8:00a-8:50a 2 lanes	6:00a-8:00a 4 lanes	8:00a-8:50a 2 lanes	8:00a-8:50a 2 lanes	8:00a-8:15a 5 lanes	
8:50a-1:00p 4 lanes	8:50a-4:00pp 4 lanes	8:00a-8:50a 2 lanes	8:50a-4:00pp 4 lanes	8:50a-1:00p 4 lanes	8:15a-11:00a 0 Lanes	
1:00p-1:50p 2 lanes	4:00p-4:30p 1-2 Lanes	8:50a-1:00p 4 lanes	4:00p-4:30p 1-2 Lanes	1:00p-1:50p 2 lanes	11:00a-3:30p 4 Lanes	
1:50p-4:00 4 Lanes	4:30p-6:00p 0 Lanes	1:00p-1:50p 2 lanes	4:30p-6:00p 0 Lanes	1:50p-6:00 4 Lanes		
4:00p-4:30p 1-2 Lanes	6:00p-7:30p 3 Lanes	1:50p-4:00p 4 lanes	6:00p-7:30p 3 Lanes	6:00p-7:30p 2 Lanes		
4:30p-6:00p 0 Lanes		4:00p-4:30p 1-2 Lanes				
6:00p-7:30p 1 Lane		4:30p-6:00p 0 Lanes				
		6:00p-7:30p 2 Lanes				

After School Care will be using the Open Swim Lanes Thursdays 3p-4p

## WATER FITNESS CLASSES & WATER VOLLEYBALL

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Aqua Fit</b>	<b>Aqua Fit</b>	<b>Aqua Fit</b>	<b>Aqua Fit</b>	<b>Aqua Fit</b>		
8:00a-8:50a 3-4 Lanes	8:00a-8:50a 3-4 Lanes	8:00a-8:50a 3-4 Lanes	8:00a-8:50a 3-4 Lanes	8:00a-8:50a 3-4 Lanes		
<b>Aqua Fit</b>		<b>Aqua Fit</b>		<b>Aqua Fit</b>		
1:00p-1:50p 3-4 Lanes		1:00p-1:50p 3-4 Lanes		1:00p-1:50p 3-4 Lanes		
<b>Water Volleyball</b>	<b>Aqua Fit</b>	<b>Aqua Zumba</b>	<b>Aqua Fit</b>	<b>Water Volleyball</b>		
6:00p-7:30p 2 lanes	6:00p-6:50p 2 lanes	6:00p-6:50p 3 Lanes	6:00p-6:50p 2 lanes	6:00p-7:30p 2 lanes		

## PROGRAMMING TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
					<b>Swim Lessons</b>	
					8:15a-11:00a 6 Lanes	
<b>Swim Team</b>	<b>Swim Team</b>	<b>Swim Team</b>	<b>Swim Team</b>	<b>Swim Lessons</b>		<b>Swim Lessons</b>
4:00p-6:00p 2-6 Lanes	4:00p-6:00p 2-6 Lanes	4:00p-6:00p 2-6 Lanes	4:00p-6:00p 2-6 Lanes	4:00p-5:45p 2 Lanes		1:30p-3:45p 4 Lanes

## OPEN SWIM TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
8:50a-1:00p	8:50a-4:00p	8:50a-1:00p	8:50a-4:00p	8:50a-1:00p		10:00a-1:15p
1:50p-4:00p		1:50p-4:00p		1:50p-4:00p		
6:00p-7:30p	6:50p-7:30p	6:50p-7:30p	6:50p-7:30p	6:00p-7:30p	11:00a-1:30p	

After School Care will be using the Open Swim Lanes Thursdays 3p-4p