



Winona Family YMCA Pool Schedule Effective 10/12-10/24

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-6:00p 0 Lanes	8:50a-1:00p 4 lanes	4:00p-6:00p 0 Lanes	1:00p-1:50p 2 lanes	11:00a-3:30p 4 Lanes	
1:50p-4:00 4 Lanes	6:00p-7:30p 3 Lanes	1:00p-1:50p 2 lanes	6:00p-7:30p 3 Lanes	1:50p-6:00 4 Lanes		
4:00p-6:00p 0 Lanes		1:50p-4:00p 4 lanes		6:00p-7:30p 2 Lanes		
6:00p-7:30p 1 Lane		4:00p-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
Aqua Fit 8:00a-8:50a 3-4 Lanes	Aqua Fit 8:00a-8:50a 3-4 Lanes	Aqua Fit 8:00a-8:50a 3-4 Lanes	Aqua Fit 8:00a-8:50a 3-4 Lanes	Aqua Fit 8:00a-8:50a 3-4 Lanes		
Aqua Fit 1:00p-1:50p 3-4 Lanes		Aqua Fit 1:00p-1:50p 3-4 Lanes		Aqua Fit 1:00p-1:50p 3-4 Lanes		
Water Volleyball 6:00p-7:30p 2 lanes	Aqua Fit 6:00p-6:50p 2 lanes	Aqua Zumba 6:00p-6:50p 3 Lanes	Aqua Fit 6:00p-6:50p 2 lanes	Water Volleyball 6:00p-7:30p 2 lanes		

PROGRAMMING TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
Swim Lessons 4:00p-6:00p 2 Lanes	Swim Lessons 4:00p-6:00p 2 Lanes	Swim Lessons 4:00p-6:00p 2 Lanes	Swim Lessons 4:00p-6:00p 2 Lanes		Swim Lessons 8:15a-11:00a 6 Lanes	
Swim Team 4:00p-6:00p 2-6 Lanes	Swim Team 4:00p-6:00p 2-6 Lanes	Swim Team 4:00p-6:00p 2-6 Lanes	Swim Team 4:00p-6:00p 2-6 Lanes	Swim Lessons 4:30-5:30		Swim Lessons 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-4:30p		
6:00p-7:30p	6:50p-7:30p	6:50p-7:30p	6:50p-7:30p	5:30p-7:30p	11:00a-1:30p	

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