



# Lakota Family YMCA Indoor Pool Program Schedule 9/13/2021 - 10/31/2021

Updated 09/17/2021

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Indoor Pool	12pm - 5:30pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 8:30pm	7:30am - 6:30pm
6:00 AM		Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM			Swim Lessons 10:30am-11:30am 10/02-11/03				Swim Lessons 10:00am - 12:00pm 10/02-11/03
12:00 PM		Silver Sneakers 11:35am - 12:35pm	Rockin' the Waves 11:35am - 12:35pm	Silver Sneakers 11:35am - 12:35pm	Rockin' the Waves 11:35am - 12:35pm	Silver Sneakers 11:35am - 12:35pm	Open Swim
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM		Swim Lessons 5:30pm-7:00pm 10/02-11/03		Swim Lessons 5:30pm-7:00pm 10/02-11/03			
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							

\*Schedule is subject to change

\*Private Swim Lessons, Swim Team, and/or Scholarship Programs may run during lap/open swim times, but are flexible for members using the pool for lap swim