



# Lakota Family YMCA Indoor Pool Program Schedule 6/29/2021 - 7/23/2021

Updated 06/29/2021

	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	
Outdoor Pool	12pm - 8pm	12pm - 8pm	12pm - 8pm	12pm - 8pm	12pm - 8pm	12pm - 8pm	12pm - 8pm	
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM			Swim Lessons					
10:30 AM			9:30am - 11:30am					
11:00 AM								
11:30 AM		Silver Sneakers	Rockin' the Waves	Silver Sneakers	Rockin' the Waves	Silver Sneakers	Swim Lessons 10:00am - 12:30pm	
12:00 PM		11:35am - 12:35pm	11:35am - 12:35pm	11:35am - 12:35pm	11:35am - 12:35pm	11:35am - 12:35pm		
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM			Swim Team Practice - 4:00pm - 8:00pm					
4:30 PM			Only Lap Swimming Permitted 4:00pm - 8:00pm					
5:00 PM			**Open Swim Permitted in Wading Pool**					
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM			Water Aerobics		Water Aerobics			
7:30 PM			7:15pm - 8:15pm		7:15pm - 8:15pm			
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



Lakota Family YMCA  
 Indoor Pool Program Schedule  
 6/29/2021 - 7/23/2021  
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	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						
Outdoor Pool	12pm - 8pm	12pm - 8pm	12pm - 8pm	12pm - 8pm	12pm - 8pm	12pm - 8pm	12pm - 8pm						
6:00 AM													
6:30 AM													
7:00 AM													
7:30 AM								<b>Lap/Open Swim</b> 6:00am - 9:30am					
8:00 AM									<b>Lap/Open Swim</b> 6:00am - 11:30am				
8:30 AM													
9:00 AM								<b>Lap Swim ONLY</b> 9:30am - 12:35pm					<b>Lap Swim ONLY</b> 7:30am - 10:00am
9:30 AM													
10:00 AM													
10:30 AM													
11:00 AM													
11:30 AM													
12:00 PM	<b>Lap/Open Swim</b> 12:00pm - 5:30pm						<b>Lap/Open Swim</b> 12:30pm - 6:30pm						
12:30 PM													
1:00 PM								<b>Lap/Open Swim</b> 12:30pm - 4:00pm					
1:30 PM													
2:00 PM								<b>Lap/Open Swim</b> 12:30pm - 4:00pm					
2:30 PM													
3:00 PM								<b>Lap/Open Swim</b> 12:30pm - 4:00pm					
3:30 PM													
4:00 PM								<b>Lap Swim ONLY</b> 4:00pm - 7:00pm					
4:30 PM													
5:00 PM								<b>Lap Swim ONLY</b> 4:00pm - 8:30pm					
5:30 PM													
6:00 PM	<b>Water Aerobics</b> 7:15pm - 8:15pm												
6:30 PM													
7:00 PM	<b>Water Aerobics</b> 7:15pm - 8:15pm												
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

# MONDAY LANES

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00 AM	Lap Swim 6:00am - 9:30am	Lap Swim 6:00am - 9:30am	Lap Swim 6:00am - 9:30am	Lap Swim 6:00am - 11:30am	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Swim Lessons 9:30am - 11:30am	Swim Lessons 9:30am - 11:30am	Swim Lessons 9:30am - 11:30am	Silver Sneakers 11:30am - 12:35pm	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
9:30 AM						
10:00 AM						
10:30 AM	Open Swim 12:35pm - 4:00pm	Open Swim 12:35pm - 4:00pm	Open Swim 12:35pm - 4:00pm	Lap Swim 12:35pm - 4:00pm	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
11:00 AM						
11:30 AM	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Lap Swim 6:00am - 8:30pm
12:00 PM						
12:30 PM	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
1:00 PM						
1:30 PM	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
2:00 PM						
2:30 PM	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
3:00 PM						
3:30 PM	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
4:00 PM						
4:30 PM	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
5:00 PM						
5:30 PM	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
6:00 PM						
6:30 PM	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
7:00 PM						
7:30 PM	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
8:00 PM						
8:30 PM	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm

# TUESDAY LANES

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
<b>6:00 AM</b>	Lap Swim 6:00am - 9:30am	Lap Swim 6:00am - 9:30am	Lap Swim 6:00am - 9:30am	Lap Swim 6:00am - 11:30am	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
<b>6:30 AM</b>						
<b>7:00 AM</b>						
<b>7:30 AM</b>						
<b>8:00 AM</b>						
<b>8:30 AM</b>						
<b>9:00 AM</b>	Swim Lessons 9:30am - 11:30am	Swim Lessons 9:30am - 11:30am	Swim Lessons 9:30am - 11:30am	Lap Swim 6:00am - 11:30am	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
<b>9:30 AM</b>						
<b>10:00 AM</b>						
<b>10:30 AM</b>	Rockin' the Waves 11:30am - 12:35pm	Rockin' the Waves 11:30am - 12:35pm	Rockin' the Waves 11:30am - 12:35pm	Rockin' the Waves 11:30am - 12:35pm	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
<b>11:00 AM</b>						
<b>11:30 AM</b>	Open Swim 12:35pm - 4:00pm	Open Swim 12:35pm - 4:00pm	Open Swim 12:35pm - 4:00pm	Lap Swim 12:35pm - 4:00pm	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
<b>12:00 PM</b>						
<b>12:30 PM</b>	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Lap Swim 6:00am - 8:30pm
<b>1:00 PM</b>						
<b>1:30 PM</b>						
<b>2:00 PM</b>	Water Aerobics 7:15pm - 8:15pm	Water Aerobics 7:15pm - 8:15pm	Water Aerobics 7:15pm - 8:15pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
<b>2:30 PM</b>						
<b>3:00 PM</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
<b>3:30 PM</b>						
<b>4:00 PM</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
<b>4:30 PM</b>						
<b>5:00 PM</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
<b>5:30 PM</b>						
<b>6:00 PM</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
<b>6:30 PM</b>						
<b>7:00 PM</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
<b>7:30 PM</b>						
<b>8:00 PM</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
<b>8:30 PM</b>						

# WEDNESDAY LANES

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
<b>6:00 AM</b>	Lap Swim 6:00am - 9:30am	Lap Swim 6:00am - 9:30am	Lap Swim 6:00am - 9:30am	Lap Swim 6:00am - 11:30am	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
<b>6:30 AM</b>						
<b>7:00 AM</b>						
<b>7:30 AM</b>						
<b>8:00 AM</b>						
<b>8:30 AM</b>						
<b>9:00 AM</b>	Swim Lessons 9:30am - 11:30am	Swim Lessons 9:30am - 11:30am	Swim Lessons 9:30am - 11:30am	Lap Swim 6:00am - 11:30am	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
<b>9:30 AM</b>						
<b>10:00 AM</b>						
<b>10:30 AM</b>	Silver Sneakers 11:30am - 12:35pm	Silver Sneakers 11:30am - 12:35pm	Silver Sneakers 11:30am - 12:35pm	Silver Sneakers 11:30am - 12:35pm	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
<b>11:00 AM</b>						
<b>11:30 AM</b>	Open Swim 12:35pm - 4:00pm	Open Swim 12:35pm - 4:00pm	Open Swim 12:35pm - 4:00pm	Lap Swim 12:35pm - 4:00pm	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
<b>12:00 PM</b>						
<b>12:30 PM</b>						
<b>1:00 PM</b>						
<b>1:30 PM</b>						
<b>2:00 PM</b>	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Lap Swim 6:00am - 8:30pm
<b>2:30 PM</b>						
<b>3:00 PM</b>						
<b>3:30 PM</b>	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
<b>4:00 PM</b>						
<b>4:30 PM</b>	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
<b>5:00 PM</b>						
<b>5:30 PM</b>	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
<b>6:00 PM</b>						
<b>6:30 PM</b>	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
<b>7:00 PM</b>						
<b>7:30 PM</b>	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
<b>8:00 PM</b>						
<b>8:30 PM</b>	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm

# THURSDAY LANES

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00 AM	Lap Swim 6:00am - 9:30am	Lap Swim 6:00am - 9:30am	Lap Swim 6:00am - 9:30am	Lap Swim 6:00am - 11:30am	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Swim Lessons 9:30am - 11:30am	Swim Lessons 9:30am - 11:30am	Swim Lessons 9:30am - 11:30am	Lap Swim 6:00am - 11:30am	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
9:30 AM						
10:00 AM						
10:30 AM	Rockin' the Waves 11:30am - 12:35pm	Rockin' the Waves 11:30am - 12:35pm	Rockin' the Waves 11:30am - 12:35pm	Rockin' the Waves 11:30am - 12:35pm	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
11:00 AM						
11:30 AM	Open Swim 12:35pm - 4:00pm	Open Swim 12:35pm - 4:00pm	Open Swim 12:35pm - 4:00pm	Lap Swim 12:35pm - 4:00pm	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Lap Swim 6:00am - 8:30pm
2:00 PM						
2:30 PM						
3:00 PM	Water Aerobics 7:15pm - 8:15pm	Water Aerobics 7:15pm - 8:15pm	Water Aerobics 7:15pm - 8:15pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
3:30 PM						
4:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
4:30 PM						
5:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
5:30 PM						
6:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
6:30 PM						
7:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
7:30 PM						
8:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 6:00am - 8:30pm
8:30 PM						

# FRIDAY LANES

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
6:00 AM	Lap Swim 6:00am - 11:30am	Lap Swim 6:00am - 11:30am	Lap Swim 6:00am - 11:30am	Lap Swim 6:00am - 11:30am	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm	
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	Silver Sneakers 11:30am - 12:35pm	Silver Sneakers 11:30am - 12:35pm	Silver Sneakers 11:30am - 12:35pm	Silver Sneakers 11:30am - 12:35pm	Lap Swim 6:00am - 4:00pm	Lap Swim 6:00am - 8:30pm	
12:00 PM							
12:30 PM							
1:00 PM	Open Swim 12:35pm - 4:00pm	Open Swim 12:35pm - 4:00pm	Open Swim 12:35pm - 4:00pm	Lap Swim 12:35pm - 4:00pm			
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm	Swim Team Practice 4:00pm - 8:00pm		Lap Swim 6:00am - 8:30pm
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm	Lap Swim 8:00pm - 8:30pm		
8:30 PM							

# SATURDAY LANES

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM	Lap Swim 7:30am - 10:00am	Lap Swim 7:30am - 10:00am	Lap Swim 7:30am - 10:00am	Lap Swim 7:30am - 6:30pm	Lap Swim 7:30am - 6:30pm	Lap Swim 7:30am - 6:30pm
8:00 AM						
8:30 AM						
9:00 AM	Swim Lessons 10:00am - 12:30pm	Swim Lessons 10:00am - 12:30pm	Swim Lessons 10:00am - 12:30pm			
9:30 AM						
10:00 AM						
10:30 AM	Open Swim 12:30pm - 6:30pm	Open Swim 12:30pm - 6:30pm	Open Swim 12:30pm - 6:30pm			
11:00 AM						
11:30 AM						
12:00 PM						
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						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						



# SUNDAY LANES

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00 AM						
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						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
2:30 PM	12:00pm - 5:30pm	12:00pm - 5:30pm	12:00pm - 5:30pm	12:00pm - 5:30pm	12:00pm - 5:30pm	12:00pm - 5:30pm
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						