

**Lakota Family YMCA**  
**Indoor Pool - Program Schedule**  
Bubble Construction/Fall (Sept-Oct)

\*SCHEDULE IS SUBJECT TO CHANGE\*

| Hours:  | Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   |   |  |   |   |
|---------|---|--|--|--|---|---|--|---|--|---|---|
| Indoor  | 12pm-5:30pm                                       | 6am-8:30pm   | 6am-8:30pm   | 6am-8:30pm   | 6am-8:30pm                                      | 6am-8:30pm                                      | 7:30am-6:30pm  |   |  |   |   |
| 6:00am  | Pool Closed                                       | Lap Swim/Open Swim<br>6:00-8:30am<br>all lanes                             | Lap Swim/Open Swim<br>6:00-8:30am<br>all lanes                                 | Lap Swim/Open Swim<br>6:00-8:30am<br>all lanes                             | Lap Swim/Open Swim<br>6:00-11:30am<br>all lanes | Lap Swim/Open Swim<br>6:00-11:30am<br>all lanes | Pool Closed  |   |  |   |   |
| 6:30am  |   |  |  |  |   |   | Lap Swim/Open Swim<br>7:30-8:15am<br>(all lanes)                               |   |  |   |   |
| 7:00am  |   |  |  |  |   |   |  |   |  |   |   |
| 7:30am  |   |  |  |  |   |   |  |   |  |   |   |
| 8:00am  |   | H2O Deep/Lap Swim<br>8:30-9:30am<br>2-3x lanes reserved for aerobics class | H2O Deep/Lap Swim<br>8:30-9:30am<br>2-3x lanes reserved for aerobics class     | H2O Deep/Lap Swim<br>8:30-9:30am<br>2-3x lanes reserved for aerobics class |   |   | Swim Lessons/Lap Swim<br>8:15am-12:30pm<br>Lane availability varies            |   |  |   |   |
| 8:30am  |   |  |  |  |   |   |  |   |  |   |   |
| 9:00am  |   | Lap Swim/Open Swim<br>9:30-11:30am<br>all lanes                            | Lap Swim/Open Swim<br>9:30-11:30am<br>all lanes                                | Lap Swim/Open Swim<br>9:30-11:30am<br>all lanes                            |   |   |  |   |  |   |   |
| 9:30am  |   |  |  |  |   |   |  |   |  |   |   |
| 10:00am |   | H2O Splash<br>11:30am-12:30pm<br>4-5x lanes reserved for aerobics class    | Rockin' the Waves<br>11:30am-12:30pm<br>4-5x lanes reserved for aerobics class | H2O Splash<br>11:30am-12:30pm<br>4-5x lanes reserved for aerobics class    |   |   | Rockin' the Waves<br>11:30am-12:30pm<br>4-5x lanes reserved for aerobics class |   |  |   |   |
| 10:30am |   |  |  |  |   |   |  |   |  |   |   |
| 11:00am | Lap Swim/Open Swim<br>12:00-5:30pm<br>(all lanes) | Lap Swim/Open Swim<br>12:30-4:00pm<br>all lanes                            | Lap Swim/Open Swim<br>12:30-4:00pm<br>all lanes                                | Lap Swim/Open Swim<br>12:30-4:00pm<br>all lanes                            | Lap Swim/Open Swim<br>12:30-4:00pm<br>all lanes | Lap Swim/Open Swim<br>12:30-6:30pm<br>all lanes |  |   |  |   |   |
| 11:30am |   |  |  |  |   |   |  |   |  |   |   |
| 12:00pm |   |  |  |  |   |   |  |   |  |   |   |
| 12:30pm |   |  |  |  |   |   |  |   |  |   |   |
| 1:00pm  |   |  |  |  |   |   | Swim Team Practice/Lap Swim<br>4:00-5:30pm<br>1x lap lane available            | Swim Team Practice/Lap Swim<br>1x lap lane available @ 4:00-5:00pm  | Swim Team Practice/Lap Swim<br>4:00-5:30pm<br>1x lap lane available    | Swim Team Practice/Lap Swim<br>4:00-6:15pm<br>1x lap lane available   |   |
| 1:30pm  |   |  |  |  |   |   |  |   |  |   |   |
| 2:00pm  |   |  |  |  |   |   | Swim Team Practice/Swim Lessons<br>5:30-7:15pm<br>Lap Swim unavailable         | Lap Swim unavailable @ 5:00-5:30pm<br>1x lap lane available @ 5:30-6:15pm<br>Lap Swim unavailable @ 6:15-7:00pm | Swim Team Practice/Swim Lessons<br>5:30-7:15pm<br>Lap Swim unavailable | Swim Team Practice/Swim Lessons<br>6:15-7:00pm<br>Lap Swim unavailable  | Swim Team Practice/Lap Swim<br>4:00-8:15pm<br>1x lap lane available |
| 2:30pm  |   |  |  |  |   |   |  |   |  |   |   |
| 3:00pm  |   |  |  |  |   |   | Swim Team Practice/Lap Swim<br>7:15-8:15pm<br>1x lap lane available            | Swim Team Practice/Water Fitness<br>Lap Swim unavailable @ 7:00-8:00pm<br>1x lap lane available @ 8:00-8:15pm   | Swim Team Practice/Lap Swim<br>7:15-8:15pm<br>1x lap lane available    | Swim Team Practice/Water Fitness<br>Lap Swim unavailable @ 7:00-8:00pm<br>1x lap lane available @ 8:00-8:15pm |   |
| 3:30pm  |   |  |  |  |   |   |  |   |  |   |   |
| 4:00pm  | Pool Closed                                       | Lap Swim/Open Swim @ 8:15-8:30pm   | Lap Swim/Open Swim @ 8:15-8:30pm   | Lap Swim/Open Swim @ 8:15-8:30pm   | Lap Swim/Open Swim @ 8:15-8:30pm                | Lap Swim/Open Swim @ 8:15-8:30pm                |  |   |  |   |   |
| 4:30pm  |   |  |  |  |   |   |  |   |  |   |   |
| 5:00pm  |   |  |  |  |   |   |  |   |  |   |   |
| 5:30pm  |   |  |  |  |   |   |  |   |  |   |   |
| 6:00pm  |   |  |  |  |   |   |  |   |  |   |   |
| 6:30pm  |   |  |  |  |   |   |  |   |  |   |   |
| 7:00pm  |   |  |  |  |   |   |  |   |  |   |   |
| 7:30pm  |   |  |  |  |   |   |  |   |  |   |   |
| 8:00pm  |   |  |  |  |   |   |  |   |  |   |   |
| 8:30pm  |   |  |  |  |   |   |  |   |  |   |   |

\*Lane availability changes depending on user load and program/activities (e.g. swim lessons, swim team practice, facility rentals, etc.)

\*Lap Swim/Open Swim is limited or unavailable during specified program times