



Lakota Family YMCA Indoor Pool Schedule 03/06/2022 - 05/29/2022

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours	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	Mojo Triathlon @6:00am -7:00am (2 lanes)	Open Swim @6:00am - 11:30am	Mojo Triathlon @6:00am -7:00am (2 lanes)	Mojo Triathlon @6:00am -7:00am (2 lanes)	Open Swim @6:00am - 11:30am	Pool Closed
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am							
9:30am							
10:00am							
10:30am							
11:00am		Crayon Club 10:30-11:15am		Crayon Club 10:30-11:15am		Swim Lessons @9:00am - 12:00pm	
11:30am		Silver Sneakers @11:30am - 12:30pm	Silver Sneakers @11:30am - 12:30pm	Silver Sneakers @11:30am - 12:30pm	Silver Sneakers @11:30am - 12:30pm	Silver Sneakers @11:30am - 12:30pm	
12:00pm	Open Swim @12:30pm -5:30pm	Open Swim @12:30pm -5:30pm	Open Swim @12:30pm -8:30pm	Open Swim @12:30pm -5:30pm	Open Swim @12:30pm -8:30pm	Open Swim @12:30pm -8:30pm	Open Swim @12:00pm - 6:30pm
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm		Swim Lessons @5:30pm -7:45pm		Swim Lessons @5:30pm -7:45pm		Pool Closed	
6:00pm							
6:30pm							
7:00pm							
7:30pm		Open Swim @7:30pm -8:30pm	Water Fitness @7:00-8:00pm	Open Swim @7:30pm -8:30pm	Water Fitness @7:00-8:00pm		
8:00pm							
8:30pm							

*Lap lane space is limited but will be provided for members during all evening aquatics programs

*Please be prepared to share lane space with other members while aquatics programs are in session

*Additional lap lanes can be found in the bubble pool through the week of April 24, 2023