



Lakota Family YMCA Indoor Pool Schedule 01/01/2022 - 02/28/2022

| | 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 | | Open Swim @6:00am - 11:30am | | Open Swim @6:00am - 11:30am | Open Swim @6:00am - 11:30am | | | Open Swim @6:00am - 11:30am | Open Swim @6:00am - 11:30am |
| 7:30am | | | | | | | | | |
| 8:00am | | Open Swim @6:00am - 11:30am | | Open Swim @6:00am - 11:30am | Open Swim @6:00am - 11:30am | | | Open Swim @6:00am - 11:30am | Open Swim @6:00am - 11:30am |
| 8:30am | | | | | | | | | |
| 9:00am | | Open Swim @6:00am - 11:30am | | Open Swim @6:00am - 11:30am | Open Swim @6:00am - 11:30am | | | Open Swim @6:00am - 11:30am | Open Swim @6:00am - 11:30am |
| 9:30am | | | | | | | | | |
| 10:00am | | Open Swim @6:00am - 11:30am | | Open Swim @6:00am - 11:30am | Open Swim @6:00am - 11:30am | | | Open Swim @6:00am - 11:30am | Open Swim @6:00am - 11:30am |
| 10:30am | | | | | | | | | |
| 11:00am | Open Swim @6:00am - 11:30am | Open Swim @6:00am - 11:30am | Open Swim @6:00am - 11:30am | Open Swim @6:00am - 11:30am | Open Swim @6:00am - 11:30am | | | | |
| 11:30am | | | | | | | | | |
| 12:00pm | Open Swim @12:30pm -5:30pm | Silver Sneakers @11:30am - 12:30pm | Silver Sneakers @11:30am - 12:30pm | Silver Sneakers @11:30am - 12:30pm | Silver Sneakers @11:30am - 12:30pm | Silver Sneakers @11:30am - 12:30pm | Open Swim @12:00pm - 6:30pm | | |
| 12:30pm | | | | | | | | | |
| 1:00pm | | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | | | |
| 1:30pm | | | | | | | | | |
| 2:00pm | | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | | | |
| 2:30pm | | | | | | | | | |
| 3:00pm | | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | | | |
| 3:30pm | | | | | | | | | |
| 4:00pm | | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | | | |
| 4:30pm | | | | | | | | | |
| 5:00pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | | | | |
| 5:30pm | | | | | | | | | |
| 6:00pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | | | | |
| 6:30pm | | | | | | | | | |
| 7:00pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | | | | |
| 7:30pm | | | | | | | | | |
| 8:00pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | Open Swim @12:30pm -3:30pm | | | | |
| 8:30pm | | | | | | | | | |
| 8:30pm | Pool Closed | Swim Lessons @5:30pm -7:45pm | Open Swim @5:30pm -7:00pm | Swim Lessons @5:30pm -7:45pm | Open Swim @5:30pm -7:00pm | Open Swim @5:30pm -8:30pm | Pool Closed | | |
| 7:30pm | | | | | | | | | |
| 8:00pm | Pool Closed | Open Swim @7:30pm -8:30pm | Water Fitness @7:00-8:00pm | Open Swim @7:30pm -8:30pm | Water Fitness @7:00-8:00pm | Open Swim @5:30pm -8:30pm | Pool Closed | | |
| 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

*1 lane is available for lap swimmers at the indoor pool from 3:30-4:00pm; the bubble pool then opens at 4:00pm