



Lakota Family YMCA Indoor Pool Schedule 10/31/2022 - 12/31/2022

	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		Mojo Triathlon @6:00am -7:00am (2 lanes)		Mojo Triathlon @6:00am -7:00am (2 lanes)	Mojo Triathlon @6:00am -7:00am (2 lanes)					
6:30am										
7:00am										
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	Open Swim @7:30am-10am
8:30am										
9:00am										
9:30am										
10:00am										
10:30am		Swim Lessons @9:00am - 12:00pm								
11:00am										
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	Open Swim @12:00pm - 6:30pm				
12:00pm										
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										
2:30pm										
3:00pm										
3:30pm										
4:00pm	Lakota E/W Team Practice @3:30pm -5:30pm	Lakota E/W Team Practice @3:30pm -5:30pm	Lakota E/W Team Practice @3:30pm -5:30pm	Lakota E/W Team Practice @3:30pm -5:30pm	Lakota E/W Team Practice @3:30pm -5:30pm					
4:30pm										
5:00pm										
5:30pm	Swim Lessons @5:30pm -7:30pm	Open Swim @5:30pm -7:00pm	Swim Lessons @5:30pm -7:30pm	Open Swim @5:30pm -7:00pm	Open Swim @5:30pm -8:30pm					
6:00pm										
6:30pm										
7:00pm										
7:30pm										
8:00pm	Open Swim @7:30pm -8:30pm	Water Fitness @7:00pm -8:00pm	Open Swim @7:30pm -8:30pm	Water Fitness @7:00pm -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
- *Water Fitness Class begins on Tuesday, November 15th, 2022



Lakota Family YMCA Outdoor Pool Schedule 11/07/2022 - 12/31/2022

	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							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am							
9:30am							
10:00am							
10:30am							
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm	Open Swim @12:00pm -5:30pm						
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm		Lakota YMCA Stingrays @4:00pm -8:30pm	Lakota YMCA Stingrays @4:00pm -8:30pm	Lakota YMCA Stingrays @4:00pm -8:30pm	Lakota YMCA Stingrays @4:00pm -8:30pm	Lakota YMCA Stingrays @4:00pm -8:30pm	
5:00pm		*Lap lanes available	*Lap lanes available	*Lap lanes available	*Lap lanes available	*Lap lanes available	
5:30pm							
6:00pm							
6:30pm							
7:00pm		Family Swim @4:00-8:30pm (Shallow End)	Family Swim @4:00-8:30pm (Shallow End)	Family Swim @4:00-8:30pm (Shallow End)	Family Swim @4:00-8:30pm (Shallow End)	Family Swim @4:00-8:30pm (Shallow End)	
7:30pm							
8:00pm							
8:30pm							

***Schedule is subject to change; lap lanes are available for members during all aquatics activities.**