



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLEVELAND FAMILY YMCA SUMMER 2024 INDOOR POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 1pm-4:30pm (1-3 lanes)	Lap Swim 5am-9am (6 lanes)	Lap Swim 5am-8:10am (6 lanes)	Lap Swim 5am-9am (6 lanes)	Lap Swim 5am-8:10am (6 lanes)	Lap Swim 5am-9am (6 lanes)	Aqua Zumba 9am-10am (1-3 lanes)
	Water Fit 9am-10am (1-2 lanes)	Range of Motion 8:15am-9am (1-2 lanes)	Water Fit 9am-10am (1-2 lanes)	Range of Motion 8:15am-9am (1-2 lanes)	Water Fit 9am-10am (1-2 lanes)	
	Poolattes 10am-11am (1-2 lanes)	Hydro Fit 9am-10am (1-2 lanes)	Poolattes 10am-11am (1-2 lanes)	Hydro Fit 9am-10am (1-2 lanes)	Poolattes 10am-11am (1-2 lanes)	Group Swim Lessons 10:30am-2:30pm (1-3 lanes)
	Range of Motion 11am-11:45am (1-2 lanes)	Open Swim 10am-12pm (1-3 lanes) Group Swim Lessons 11:45am-12:50pm (1-3 lanes)	Range of Motion 11am-11:45am (1-2 lanes)	Open Swim 10am-12pm (1-3 lanes)	Range of Motion 11am-11:45am (1-2 lanes)	Open Swim 10:30am-5:30pm (1-3 lanes)
Lap Swim 12pm-1pm (2-6 lanes)	Lap Swim 12pm-1pm (2-6 lanes)	Lap Swim 12pm-2pm (2-6 lanes)	Lap Swim 12pm-1pm (2-6 lanes)	Lap Swim 12pm-2pm (2-6 lanes)		
Pool Parties 4:30pm-5:30pm	Open Swim and PT 1pm-5pm (1-3 lanes)	Open Swim and PT 1pm-9pm (1-3 lanes)	Open Swim 2pm-9pm (1-3 lanes)	Open Swim and PT 1pm-9pm (1-3 lanes)	Open Swim 2pm-9pm (1-3 lanes)	Pool Parties 5:30pm-6:30pm
	Hydro Fit 5:30pm-6:30pm (1-3 lanes)	Group Swim Lessons 5:15pm-7:30pm (1-3 lanes)		Group Swim Lessons 5:00pm-7:15pm (1-3 lanes)		
	Open Swim 5pm-9pm (1-3 lanes)	Hydro Fit 5:30pm-6:30pm (1-3 lanes)		Hydro Fit 5:30pm-6:30pm (1-3 lanes)		

*Pool configuration is at the discretion of the lifeguards and is subject to change based on program needs.

*Group Lessons are subject to change each month; those lessons are posted alongside indoor/outdoor schedules for reference.