



Robert Lee YMCA Aquatics Schedule

July 1 - July 31, 2024

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|------------------------------------|-------------------------------------|------------------------------------|-------------------------------------|------------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|---------------------------------------|-------------------------------------|--------------------------------------|--------------------------------------|------------------------------------|--------------------------------------|
| Full Lane Swim 6:00am-9:15am | | Full Lane Swim 6:00am-9:15am | | Full Lane Swim 6:00am-9:45am | | Full Lane Swim 6:00am-9:15am | | Full Lane Swim 6:00am-12pm | | Full Lane Swim 7:00am-9am | | Full Lane Swim 7:00am-9am | |
| Partial Lane 9:00am- 12:15pm | Aquafit 9:15am-10am | Partial Lane 9:00am- 12:15am | Aquafit 9:15am-10am | Partial Lane 9:00am- 12:15pm | Aquafit 9:45am- 10:30am | Partial Lane 9:15am-12pm | Aquafit 9:15am-10am | Partial Lane 9am- 12:00pm | Aquafit 12pm-12:45pm | Partial Lane 9am- 12:30pm | Open swim 10:00am - 12:30pm | Swim Lessons 9am- 12:30pm | Aquafit 9:15am - 10am |
| | Swim Lessons 10:15am- 12:15pm | | Swim Lessons 10:45am- 12:15pm | | Swim Lessons 10:45am- 12:15pm | | Swim Lessons 10:45am- 12:15pm | | Swim Lessons 10:45am- 12:15pm | | | | Swim Lessons 10am - 12:45pm |
| Full Lane Swim 12:15pm- 4:30pm | | Partial Lane 1:00pm- 2:00pm | Swim Lessons 1:00pm- 2:00pm | Full Lane Swim 12:15pm- 4:30pm | | Partial Lane 1:00pm- 2:00pm | Swim Lessons 1:00pm- 2:00pm | Full Lane Swim 12:45pm-4:30pm | | Full Lane Swim 12:30pm-6pm | | Partial Lane 9am - 5:30pm | |
| Full Lane Swim 2:00pm-4:30pm | | | | Full Lane Swim 2:00pm-4:30pm | | | | Full Lane Swim 2:00pm-4:30pm | | | | | |
| Partial Lane 4:30pm- 7:00pm | Swim Lessons 4:30pm- 7:00pm | Partial Lane 4:30pm- 7:00pm | Swim Lessons 4:30pm- 7:00pm | Partial Lane 4:30pm- 7:00pm | Swim Lessons 4:30pm- 7:00pm | Partial Lane 4:30pm- 7:00pm | Swim Lessons 4:30pm- 7:00pm | Partial Lane 4:30pm - 7:00pm | Open Swim 5pm - 7pm | Swim Lessons 4:30pm- 7:00pm | | | |
| | | | | | | | | | | | Full Lane Swim 7:00pm-9pm | | Full Lane Swim 7:00pm-9pm |

Online schedule



*Refer to other side for additional "Partial Lane Swim" info



Robert Lee YMCA Aquatics Directory

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|----------------------------|---|--|--|--|---|
| Lane Swim Etiquette | Swim to the right side of the lane. | When resting, please keep to the corner to allow other swimmers to use the wall. | Faster swimmers must pass to the left. | Choose the appropriate lane for your pace. | When entering the lane, give other swimmers the right of way. |
| Full Lane Swim | During these times, the pool is configured for lane swim only. | | | | |
| Partial Lane Swim | During these times, the pool is configured to have one to three lanes for lane swim only. Additional activities may occur in other areas of the pool. | | | | |
| Open Swim | During this time, a section of the pool will be open for any type of swimming or aquatic activity. Children of any age are welcome into the pool at this time. A section of the pool will be open for families with children 5 years of age and younger. | | | | |
| Aquafit | This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility and balance. All levels and ages 13+ welcome. (11 and 12 year olds can attend group fitness classes while having a parent/guardian within reach). | | | | |

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| | Lifeguard/Swim Instructor Pool Use *Limited Lane Swim | |
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------|----------------------------|-------------------------|-------------------------|-------------------------|----------|-------------------------------|
| | | | | | | 21st 12:30pm-5:30pm |
| 22th 9am-12:15pm | 23th 9am-12:15pm | 24th 9am-12pm | 25th 9am-12pm | 26th 9am-12pm | | 26th 12:30pm-5:30pm |

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| | Summer Swim Lesson Period: July 2nd to August 9th , 2024 | |
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