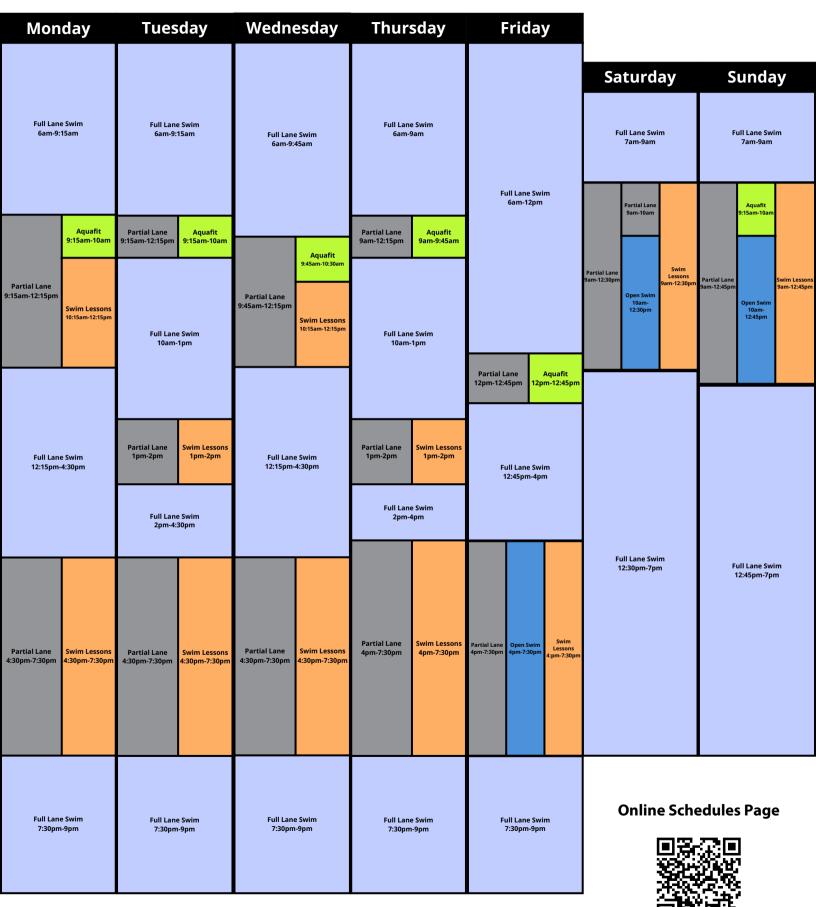
Robert Lee YMCA

Aquatics Schedule

Updated November 13, 2024



Please check backside for lane etiquette and swim lesson days. This schedule is subject to change without notice.



Robert Lee YMCA Aquatics Directory

Lane Swim Ettiqute	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 activites 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 welcome.				