



## YMCA OF STEUBEN COUNTY POOL SCHEDULE

### Therapy Pool Schedule

| MON                                     | TUE                                 | WED                                     | THU                                | FRI                                     | SAT                                 | SUN                              |
|---|-------------------------------------|---|------------------------------------|---|-------------------------------------|----------------------------------|
| 5:30AM Pool Opens                       | 5:30AM Pool Opens                   | 5:30AM Pool Opens                       | 5:30AM Pool Opens                  | 5:30AM Pool Opens                       | 8:30AM Pool Opens                   | 1:30PM Pool Opens                |
| 5:30AM-12:00PM<br>Open Swim             | 5:30AM-11:00AM<br>Open Swim         | 5:30AM-12:00PM<br>Open Swim             | 5:30AM-11:00AM<br>Open Swim        | 5:30AM-12:00PM<br>Open Swim             | <b>8:30-9:00am<br/>Mommy and ME</b> | OPEN SWIM<br>ALL DAY             |
| <b>12:00-1:00 PM<br/>Water Aerobics</b> | <b>11:00-11:50AM<br/>Aqua Yoga</b>  | <b>12:00-1:00 PM<br/>Water Aerobics</b> | <b>11:00-11:50AM<br/>Aqua Yoga</b> | <b>12:00-1:00 PM<br/>Water Aerobics</b> | Open Swim All Day                   |                                  |
| 1:00-8:30 PM<br>Open Swim               | 11:50AM-5:30PM<br>Open Swim         | 1:00-8:30 PM<br>Open Swim               | 11:50AM-8:30PM<br>Open Swim        | 1:00-6:30 PM<br>Open Swim               | Open Swim All Day                   |                                  |
|   | <b>5:30-6:00pm<br/>Mommy and ME</b> |   |                                    |   |                                     |                                  |
|   | 6:00PM-8:30PM<br>Open Swim          |   |                                    |   |                                     |                                  |
| <b>Pool Closes at<br/>8:30pm</b>        | <b>Pool Closes at<br/>8:30pm</b>    | <b>Pool Closes at<br/>8:30pm</b>        | <b>Pool Closes at<br/>8:30pm</b>   | <b>Pool Closes at<br/>6:30pm</b>        | <b>Pool Closes at<br/>4:30pm</b>    | <b>Pool Closes at<br/>5:30pm</b> |