

Worthington Area YMCA Summer INDOOR POOL SCHEDULE

*Effective Monday, June 9th



LAP SWIM/ AQUA EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM Lap 5:45-7:15 AM	AM Lap 5:45-7:15 AM	AM Lap 5:45-7:15 AM	AM Lap 5:45-7:15 AM	AM Lap 5:45-7:15 AM	Sat AM Lap 8:30-9:30 AM	
Aquanastics 8:00-8:55am		Aquanastics 8:00-8:55am		Aquanastics 8:00-8:55am	Aqua Zumba 8:30-9:30 AM	
Noon Lap 12:00-1:00 PM	Noon Lap 12:00-1:00 PM	Noon Lap 12:00-1:00 PM	Noon Lap 12:00-1:00 PM	Noon Lap 12:00-1:00 PM		
Evening Lap 6:00-8:30 PM	Evening Lap 6:00-8:30 PM	Evening Lap 6:00-8:30 PM	Evening Lap 6:00-8:30 PM	Evening Lap 5:00-6:00 PM		
			Aqua Zumba 6:00-7:00 PM			

GROUP SWIM LESSON SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Lessons 9:00-11:15 AM	Group Lessons 9:00-11:15 AM	Group Lessons 9:00-11:15 AM	Group Lessons 9:00-11:15 AM			
Group Lessons 7:15-8:30 PM	Group Lessons 7:15-8:30 PM	Group Lessons 7:15-8:30 PM	Group Lessons 7:15-8:30 PM			



For our pool rules,
scan this QR Code

For our lap swim guidelines,
please scan this QR Code

