



East Pool
East Pool @ Findlay YMCA Downtown Branch
 January 2nd - February 17th

300 E. Lincoln Street
 FINDLAY, OH 45840
 (419) 422-4424

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|------------------------------------|---|--|---------------------------------------|---------------------------------|----------------------------------|---------------------------|
| 7am | Adult Open Swim 7:30am - 9am | Adult Open Swim 7:30am - 9am | Adult Open Swim 7:30am - 9am | Adult Open Swim 7:30am - 9am | Adult Open Swim 7:30am - 9am | | |
| 8am | | | | | | Adult Open Swim 8:15am - 9am | |
| 9am | Rise & Shine 9am - 10am | Aqua Zumba 9:15am - 10am | Rise & Shine 9am - 10am | Aqua Zumba 9:15am - 10am | Rise & Shine 9am - 10am | Youth Swim Lessons 9am - 11am | |
| 10am | Open Swim 10am - 11:30am | CDC 10am - 10:45am | CDC/Youth Swim Lessons 10am - 11:30am | CDC/Schools 10am - 11am | CDC 10am - 11am | | |
| | | Youth Swim Lessons 10:45am - 11:15am | | | Open Swim 10am - 11:30am | | |
| 11am | Low Impact 11:30am - 12:15pm | Open Swim 11am - 12:30pm | Adult Open Swim 11am - 12:30pm | Open Swim 11am - 1:30pm | Low Impact 11:30am - 12:15pm | Open Swim 11am - 7pm | |
| | | | Low Impact 11:30am - 12:15pm | | Open Swim 11:30am - 1:30pm | | |
| 12pm | Open Swim 12:15pm - 1:30pm | Schools 12:30pm - 1:30pm | Schools 12:30pm - 1:30pm | | | | |
| 1pm | | | | | | | Open Swim 1:15pm - 5pm |
| 3pm | CDC 3pm - 4pm | CDC 3pm - 4pm | CDC 3pm - 4pm | CDC 3pm - 4pm | | | |
| 4pm | Youth Swim Lessons 4:30pm - 6pm | Youth Swim Lessons 4:45pm - 6pm | Youth Swim Lessons 4:30pm - 6pm | Youth Swim Lessons 4:45pm - 6:15pm | Open Swim 4:30pm - 8pm | | |
| 6pm | Aquacize 6pm - 6:45pm | Aqua Zumba 6:15pm - 7pm | Open Swim 6pm - 8pm | Aqua Zumba 6:15pm - 7pm | | | |
| | Open Swim 6:45pm - 8pm | | | | | | |
| 7pm | | Open Swim 7pm - 9pm | | Open Swim 7pm - 9pm | | | |
| 8pm | Adult Open Swim 8pm - 9pm | | Adult Open Swim 8pm - 9pm | | | | |

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

WHIRLPOOL SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------|------------------------------|------------------------------|---------------------------|---------------------------------|--------------|-----------|
| 7:30 AM-1:30 PM 3-9 pm | 7:30 AM-1:30 PM 3 PM-9 PM | 7:30 AM-1:30 PM 3 PM-9 PM | 7:30 AM-1:30 PM 3-9 PM | 7:30 AM-1:30 PM 4:30 PM-8 PM | 8:15 AM-7 PM | 1:15-5 PM |

Pool Guidelines for Open Swims

- Family Open: Children 7 and under must have a parent in the water. Child must take swim test to swim in the deep end.
- Family Open: Children 8-10 years old must have a parent in the pool area. Child must take swim test to swim in the deep end.
- Youth Open: Ages 11-18. Children 11-13 years must take a swim test to swim in the deep end.

Swim Tests:

- Swim tests are conducted during Open Swims by appointment with the Aquatic Coordinators or Aquatic Director
- Children who pass a swim test will be given a green band. You must bring to every Family/Youth Open Swim. If you forget your green band you may purchase one from the front desk for \$1.



West Pool
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| | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|-----------------------------------|---------------------------|-----------------------------------|---------------------------|-----------------------------------|--------------------------|--------------------------|
| 5am | Lap Swim 5:30am - 9:45am | Lap Swim 5:30am - 1pm | Lap Swim 5:30am - 9:45am | Lap Swim 5:30am - 1pm | Lap Swim 5:30am - 9:45am | | |
| 8am | | | | | | Lap Swim 8:15am - 2pm | |
| 9am | Water Volleyball 9:45am - 11am | | Water Volleyball 9:45am - 11am | | Water Volleyball 9:45am - 11am | | |
| 11am | Lap Swim 11am - 1pm | | Lap Swim 11am - 1pm | | Lap Swim 11am - 1pm | | |
| 1pm | | | | | | | Lap Swim 1:15pm - 5pm |
| 4pm | Swim Team 4:30pm - 6pm | Swim Team 4:30pm - 6pm | Swim Team 4:30pm - 6pm | Swim Team 4:30pm - 6pm | FAST 4pm - 5:30pm | | |
| 5pm | | | | | Lap Swim 5:30pm - 8pm | | |
| 6pm | Lap Swim 6pm - 9pm | Lap Swim 6pm - 9pm | Lap Swim 6pm - 9pm | Lap Swim 6pm - 9pm | | | |
| | | | Lap Swim-2 lanes 6pm - 6:45pm | | | | |

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