



# WITHAM FAMILY YMCA POOL SCHEDULE

## Effective 5/1/2024

Revised: 4.22.24

MON	TUE	WED	THURS	FRI	SAT
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Lap swim, water classes, open swim, and swim lessons are available Mon. through Sat. as indicated.  
Pools will be available only for swim lessons on Sundays.

### PLAY & LEARN

9a-12p 4:30-7:30p	9a-12p 4:30-7:45p	9a-12p 4:30-7:30p	9a-12p 4:30-7:30p	9a-12p	9a-12p
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### LAP SWIM

5:15a-1p 2 LANES LAP POOL  4-8p 2 LANES LAP POOL	8a-1p 2 LANES LAP POOL  4-8p 2 LANES LAP POOL	5:15a-1p 2 LANES LAP POOL  4-8p 2 LANES LAP POOL	8a-1p 2 LANES LAP POOL  4-8p 2 LANES LAP POOL	5:15a-1p 2 LANES LAP POOL  4-7:30p 2 LANES LAP POOL	7a-5p 2 LANES LAP POOL
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### WATER CLASSES

9-9:50a SYLVIA AQUA STRENGTH THERAPY POOL  10-10:50a PAM AQUA CHALLENGE THERAPY POOL  11-11:50a PAM WATER AEROBICS THERAPY POOL  6-7p SUSAN WATER AEROBICS LAP POOL	10-10:50a TERRA AQUA TABATA LAP POOL  6-7p JAMIE WATER AEROBICS LAP POOL	9-9:50a SYLVIA AQUA STRENGTH THERAPY POOL  10-10:50a PAM AQUA STRENGTH THERAPY POOL  11-11:50a PAM WATER AEROBICS THERAPY POOL  6-7p KIM H. WATER AEROBICS LAP POOL	10-10:50a TERRA AQUA TABATA LAP POOL  6-7p LESLIE WATER AEROBICS LAP POOL	9-9:50a SYLVIA AQUA STRENGTH THERAPY POOL  10-10:50a PAM AQUA STRENGTH THERAPY POOL  11-11:50a PAM WATER AEROBICS THERAPY POOL
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### OPEN SWIM

5:15a-1p 2 LANES LAP POOL  4-6p 2 LANES LAP POOL  5-8p THERAPY POOL  7-8p 2 LANES LAP POOL	8a-10a 2 LANES LAP POOL  10a-12p THERAPY POOL  11a-1p LAP POOL  7-8p THERAPY POOL  7-8p 2 LANES LAP POOL	5:15a-1p 2 LANES LAP POOL  4-6p 2 LANES LAP POOL  5-8p THERAPY POOL  7-8p 2 LANES LAP POOL	8a-10a 2 LANES LAP POOL  10a-12p THERAPY POOL  11a-1p LAP POOL  7-8p THERAPY POOL  7-8p 2 LANES LAP POOL	5:15a-1p 2 LANES LAP POOL  4-7:30p 2 LANES LAP POOL  5-7:30p THERAPY POOL	7-9a 2 LANES LAP POOL  11a-5p 2 LANES LAP POOL  12-5p THERAPY POOL
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### PRIVATE/GROUP/CAMP SWIM LESSONS & OTHER PROGRAMMING

4:30-6p SWIM LESSONS LAP POOL  5-7p SWIM LESSONS THERAPY POOL	4:30-6p SWIM LESSONS LAP POOL  5-7p SWIM LESSONS THERAPY POOL	9-11a SWIM LESSONS LAP POOL  10:30a-12p SWIM LESSONS THERAPY POOL
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To keep everyone safe: Lifeguards will take a 5 minute scanning break if they have been guarding for 60 minutes or more.  
We ask that all patrons exit the pool so that guards can use the bathroom, refill water bottles and rest.

Please note: Pools will be closed for inclement weather such as during episodes of thunder and/or lightning.  
We will post notices on our website and Facebook page if applicable.