



THERAPY POOL SCHEDULE

Caroline Family YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday/Wednesday	Therapy Pool
6:00AM-8:00AM	Adult Exercise On Own
8:00AM-9:00AM	Open Swim
9:00AM-11:00AM	Warm Water Fitness Class
11:00AM-11:45AM	Adult Exercise on own/Private or Adapted lessons
11:45AM-1:00PM	Swim Lessons
1:00PM-3:15PM	Pool Closed
3:15PM-4:30PM	Open Swim
4:30PM-5:30PM	Adapted Swim Lessons (Monday only)
5:30PM-8:00PM	Swim Lessons
Tuesday/Thursday	Therapy Pool
6:00AM-7:00AM	Open Swim
7:00AM-9:00AM	Adult Exercise on Own/Adapted or Adult Lessons
9:00AM-12:00PM	Warm Water Movements Class
12:00PM-1:00PM	Open Swim
1:00PM-3:15PM	Pool Closed
3:15PM-8:00PM	Open Swim
Friday	Therapy Pool
6:00AM-9:00AM	Open Swim
9:00AM-11:30AM	Adult Exercise on Own/Adult or Adapted Swim Lessons
11:30AM-12:00PM	Preschool Swim
12:00PM-1:00PM	Second Grade Swim
1:00PM-3:15PM	Pool Closed
3:15PM-8:00PM	Open Swim
Saturday	Therapy Pool
9:00AM-10:00AM	Adult Exercise on Own/Adult or Adapted Swim Lessons
10:00AM-12:30PM	Swim Lessons
12:30PM-5:00PM	Open Swim
Sunday	Therapy Pool
12:00PM-1:15PM	Open Swim
1:15PM-2:15PM	Adapted Lessons/Adult exercise on own
2:15PM-4:00PM	Open Swim

Please note that if no one is swimming 30 minutes prior to closing we will close the pool early.
The maximum capacity for the Therapy Pool is 20 people.

Updated 5/1/2017