

**Stowe Family YMCA
Pool Schedule Aug 26th- Dec 31st 2019**

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Opens	1:00 pm	5:00 am	5:00 am	5:00 am	5:00 am	5:00 am	7:00 am
Water Aerobics Aqua-Strong	4:00-5:00 pm	8:15-11:45 am 6:30-7:30 pm	8:15-11:00 am 6:30-7:30 pm	8:15-11:45 am	8:15-11:00 am 6:30-7:30 pm	8:15-11:45 am	9:00-9:45
Swim Lessons Swim Club	N/A	5:30-6:30SC	11:00-12:00 am 5:30-7:45 pm	5:00-8:15 Adult 5:30-6:30 SC	10-11:00-Adult 5:30-7:15 pm	N/A	9:00-12:00 12:00-1:00 SC
High school swim team prep		5:30-6:30 pm		5:30-6:30 pm			
Lap Swim	2 lap lanes 1:00-5:30	2 lap lanes 5:00 pm-8:30 pm 3 lap lanes 5:00 am-7:30 am	2 lap lanes 5:00 am-5:30 pm 7:30-8:30 pm 3 lap lanes 5:00 am-7:30 am	2 lap lanes 5:00 pm-8:30 pm 3 lanes 5-7:30 1 lap lane 6:00-7:00pm	2 lap lanes 5:00 am-5:30 pm 7:30-8:30 pm 3 lap lanes 5:00 am-7:30 am	2 lap lanes 5:00 am-8:30 pm 3 lap lanes 5:00 am-7:30 am	2 lap lanes 9:00-5:30 pm 3 lap lanes 7:00-9:00 am
Family Swim	1:00-5:30 pm	See Schedule	See Schedule	For Open	Swim times		1:00-5:30 pm
High school swim Nov 1st	N/A	3:30-6:00	3:30-6:00 pm	3:30-6:00 pm	3:30-6:00 pm	3:30-6:00 pm	N/A
Pool Closes	5:30 pm	8:30 pm	8:30 pm	8:30 pm	8:30 pm	8:30 pm	5:30 pm

Changes to Pool Schedule:

1. If there are no Parties scheduled on Saturday or Sunday then an additional lane may be opened.
2. From 5:00-7:30 am there will be 4 lap lanes
3. Monday-Friday High school swim teams start after Nov 1st they will have 5 lanes, 1 lane will be open for members during their practice. Except on meet days which will be from 3:00-6:00 pm