



BOOTHBAY REGION YMCA EMERY POOL SCHEDULE

FALL I : October 8-October 28 (Including Break Week)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 8am LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	5:30-8am LAP SWIM (2 lanes) AQUA COMBO/ SWIM LESSONS (4 lanes)	5:30-7:15am LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	5:30-8am LAP SWIM (2 lanes) AQUA COMBO (4 lanes)	5:30-7:15am LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	7:30-8:30am LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	1-4pm LAP SWIM (3lanes)
		7:15-7:40am SWIM LESSONS (2 lanes) LAP SWIM (4 lanes)		7:15-7:40am SWIM LESSONS (2 lanes) LAP SWIM (4 lanes)	8:30-9:10am SWIM LESSONS (2 lanes) LAP SWIM (4 Lanes)	OPEN SWIM (3lanes)
8 - 8:45 am AQUA COMBO	8-8:45am DEEP WATER AERO- BICS	8-8:45am AQUA COMBO	8-8:45am DEEP WATER AERO- BICS	8-8:45am AQUA COMBO	9:10am-1pm OPEN SWIM	
9am - 1pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	9am - 1pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	9am - 1pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	9am-1pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	9-10:30am SPECIAL ED SWIM		
				10:45am-1pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)		
1-2pm CLOSED	1-2pm CLOSED	1-2pm CLOSED (Southport Swim)	1-2pm CLOSED	1-2pm CLOSED	1-4pm LAP SWIM (3 lanes) OPEN SWIM (3 Lanes)	
2-3pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	2-3pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	2-3pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	2-3pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	2-3pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)		
3-5pm DOLPHIN SWIM TEAM PRACTICE	3-5pm DOLPHIN SWIM TEAM PRACTICE	3-5pm DOLPHIN SWIM TEAM PRACTICE	3-5pm DOLPHIN SWIM TEAM PRACTICE	3-5pm DOLPHIN SWIM TEAM PRACTICE	BREAK WEEK: OCTOBER 22-28 There will be <u>NO</u> aquatic group exercise classes or group swim lessons over break week. Dolphin Swim Team will practice during break week.	
5-6pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	4:45-6:10pm Swim Lessons (2 lanes) LAP SWIM (4 lanes)	5-6pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	5-7pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	5-7pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)		
6-7pm AQUA DANCE (3 lanes) LAP SWIM (3 lanes)	6:10 - 7pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	6-7pm AQUA DANCE (3 lanes) LAP SWIM (3 lanes)				



BOOTHBAY REGION YMCA THERAPY POOL SCHEDULE

FALL I : October 8–October 28 (Including Break Week)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30–9am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9am OPEN THERAPEUTIC (ADULTS ONLY)	8–9:15am OPEN THERAPEUTIC (ADULTS ONLY)	1–4PM OPEN SWIM
9–9:45am AQUATIC STRETCH & BALANCE	9:15–10:40AM SWIM LESSONS	9–9:45am AQUATIC STRETCH & BALANCE	9–9:45am AQUATIC STRETCH & BALANCE	9:15–11:40am YMCA TODDLER & MONTESSORI LESSONS	9:15–11:30am SWIM LESSONS	
9:45–11:10am SWIM LESSONS	10:40am–1pm OPEN SWIM	9:45am–1pm OPEN SWIM	9:45–10:25am SWIM LESSONS	11:40am–1pm OPEN SWIM	11am–12pm OPEN SWIM	
11:10am–1pm OPEN SWIM			10:25–1pm OPEN SWIM		12–1pm RENTALS	
1–2pm CLOSED	1–4pm CLOSED (LincolnHealth Physical Therapy)	1–2pm CLOSED	1–4pm CLOSED (LincolnHealth Physical Therapy)	1–2pm CLOSED	1–4pm OPEN SWIM	
2–7pm OPEN SWIM	3:30–4:40pm SWIM LESSONS	2–7pm OPEN SWIM	4–7pm OPEN SWIM	2–3pm OPEN SWIM	BREAK WEEK: OCTOBER 22–28 There will be <u>NO</u> aquatic group exercise classes or group swim lessons over break week.	
	4:40 – 7pm OPEN SWIM			3–4pm YMCA Fit Kidz		
				4–7pm OPEN SWIM		

POOL SCHEDULES ARE SUBJECT TO CHANGE

OPEN SWIM

- Children ages 6–10 years must be accompanied by an adult at all times in the pool area.
- Children under 6 and non-swimmers must be accompanied by an adult in the water at all times.
- Swim tests are given to anyone 18 and under; life jackets must be worn if the swim test is not passed.

LAP SWIM: Pool open to lap swimmers ages 14 and over; must be swimming laps.

SAUNA: The Sauna is open the hours that the Emery Pool is open.

BOOTHBAY REGION YMCA
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