



Ridgedale YMCA

***Hot Tub Cleaned Every Other Tuesday Morning.**

LAP POOL SCHEDULE

September 30th - October 6th, 2024

***Schedule subject to change.**

***NO Reservations Required (Except Water Ex Classes)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	CLOSED	CLOSED
8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED		
9:00am - 12:00pm Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class 10:00am - 3:00pm Lap Swim (5) Water Exercise (1)	9:00am - 12:00pm Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class 10:00am - 3:00pm Lap Swim (5) Water Exercise (1)	9:00am - 12:00pm Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 10:00am Water Ex Class 10:15am - 12:30pm Swim Lessons (4) Lap Swim (2)	10:00am - 11:45am Lap Swim (4) Open Swim (2)
12:15pm - 3:00pm Lap Swim (4) Water Exercise (1)	12:00pm - 1:00pm Water Ex Class 1:15pm - 2:15pm Lap Swim (5) Water Exercise (1)	12:15pm - 3:00pm Lap Swim (5) Water Exercise (1)	12:15pm - 3:00pm Lap Swim (5) Water Exercise (1)	12:15pm - 3:00pm Lap Swim (5) Water Exercise (1)	12:45pm - 4:00pm Lap Swim (4) Open Swim (2)	12:00pm - 1:00pm Water Ex Class 1:15pm - 2:15pm Lap Swim (5) Water Exercise (1)
3:15pm - 4:15pm Lap Swim (4) Open Swim (2)		3:15pm - 5:00pm Lap Swim (4) Open Swim (2)		3:15pm - 4:15pm Lap Swim (4) Open Swim (2)	3:15pm - 5:15pm Lap Swim (4) Open Swim (2)	3:15pm - 5:00pm Lap Swim (4) Open Swim (2)
4:30pm - 6:45pm Swim Lessons No Lap Swim No Open Swim	5:15pm - 6:45pm Swim Team	4:30pm - 6:45pm Swim Lessons No Lap Swim No Open Swim	5:30pm - 6:30pm Swim Team	5:15pm - 6:15pm Water Ex Class	CLOSED	CLOSED
7:00pm - 7:45pm Water Ex Class (3) Swim Team (3)	6:45pm - 8:30pm Swim Team (4) Lap Swim (1)	7:00pm - 8:45pm Lap Swim (5) Water Exercise(1)	6:30pm - 8:30pm Swim Team (5) Lap Swim (1)	6:30pm - 8:30pm Swim Team (4) Lap Swim (2)		
7:45pm - 8:30pm Swim Team (3) Lap Swim (3)						
CLOSED	CLOSED		CLOSED	CLOSED		

For most up to date schedule, please check online: https://www.ymcnorth.org/all_y_schedules/pdf_schedule

*** Lane availability may change due to private swim lessons. ***