



## Hastings YMCA POOL SCHEDULE September 26th - October 27th

The women locker room  
will be **CLOSED** for cleaning.  
Saturday & Sunday 7- 8am & 4:30pm  
Monday-Friday 1:30-2:30pm & 8:30pm

### POOL LANES (Deep End)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-8:50am 10:15am-4:45pm	5:00am-7:50am 8:55am-10:05am 11:10am-1:00pm 1:20pm-4:50pm 6:30pm-8:45pm	5:00am-7:25am 7:45am-10:30am 10:30am-1:30pm <i>(2lanes)</i> 3:45pm-6:15pm 7:05pm-8:45pm	5:00am-6:45am 7:05am-7:50am 8:55am-10:05am 11:10am-1:15pm 1:15pm-4:50pm <i>(2 Lanes)</i> 5:40pm-8:45pm	5:00am-7:25am 7:45am-10:30am 10:30am-1:30pm <i>(2 lanes)</i> 3:45pm-3:50pm 5:55pm-8:45pm	5:00am-6:45am 7:05am-7:50am 8:55am-10:05am 11:10am-12:15pm 12:15pm-5:30pm <i>(2 lanes)</i> 5:30pm-8:45pm	7:00am-7:50am 8:55am-4:45pm

*All three lanes will be available for times listed above unless otherwise indicated. Members may need to share a pool lane.  
Due to swimming lessons and water exercise pool lanes may be limited or unavailable.  
Pool lanes can be used for water exercise, lap swimming, water walking, and open swim (only if open.)*

### OPEN SWIM (Shallow End)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-4:45pm	5:00am-8:00am 8:45am-10:15am 11:00am-1:00pm 1:20pm-5:00pm 6:30pm-8:45pm	5:00am-7:25am 7:45am-1:30pm 3:45pm-8:45pm	5:00am-6:45am 7:05am-8:00am 8:45am-10:15am 11:00am-8:45pm	5:00am-7:25am 7:45am-1:30pm 3:45pm-8:45pm	5:00am-6:45am 7:05am-8:00am 8:45am-10:15am 11:00am-8:45pm	7:00am-7:50am 8:55am-4:45pm
	NO OPEN SWIM 8:00am-8:45am 10:15am-11:00am 5:45pm-6:30pm		NO OPEN SWIM 8:00am-8:45am 10:15am-11:00am		NO OPEN SWIM 8:00am-8:45am 10:15am-11:00am	NO OPEN SWIM 8:00am-8:45am

*Due to swimming lessons or water exercise, open swim maybe unavailable. Please stay in designated areas during swim lessons.*

### WHIRLPOOL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-4:45pm	5:00am-1:00pm 1:20pm-8:45pm	5:00am-7:25am 7:45am-12:45pm 3:45pm-8:45pm	5:00am-6:45am 7:05am-8:45pm	5:00am-7:25am 7:45am-1:30pm 3:45pm-8:45pm	5:00am-6:45am 7:05am-8:45pm	7:00am-4:45pm

*The hot tub will be closed for cleaning on Tuesdays between 12:00pm-3:00pm*

### SAUNA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-4:45pm	5:00am-1:00pm 1:20pm-8:45pm	5:00am-7:25am 7:45am-1:30pm 3:45pm-8:45pm	5:00am-6:45am 7:05am-8:45pm	5:00am-7:25am 7:45am-1:30pm 3:45pm-8:45pm	5:00am-6:45am 7:05am-8:45pm	7:00am-4:45pm

### WATER EXERCISE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00am-8:45am 10:15am-11:00am 5:45pm-6:30pm		8:00am-8:45am 10:15am-11:00am		8:00am-8:45am 10:15am-11:00am	8:00am-8:45am

*Reservations are required for Water Exercise.*

### SWIMMING LESSONS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-12:30pm	5:00pm-6:45am	4:00pm-6:55pm	4:00pm-6:45pm	4:00pm-6:25pm		

*Swim lessons may be in the deep or shallow end. Please stay out of designated swim lesson areas.*

### AQUATICS AREA CLOSED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1:00pm-1:20pm	7:25am-7:45am 1:30pm-3:45pm	6:45am-7:05am	7:25am-7:45am 1:30pm-3:45pm	6:45am-7:05am	

*Lifeguard Breaks and Closures*