

LAP POOL SWIM SCHEDULE

EFFECTIVE SEPTEMBER 1, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim (4) 5-9:30am	Lap Swim (4) 5-9:30am	Lap Swim (4) 5-9:30am	Lap Swim (4) 5-9:30am	Lap Swim (4) 5-9:30am	Lap Swim (4) 7-10:30am	Lap Swim (4) 10am-5:45pm
Water Aerobics (2) Lap Swim (2) 9:30-10:30am	Water Aerobics (2) Lap Swim (2) 9:30-10:30am	Water Aerobics (2) Lap Swim (2) 9:30-10:30am	Water Aerobics (2) Lap Swim (2) 9:30-10:30am	Water Aerobics(2) Lap Swim (2) 9:30-10:30am	Water Aerobics (2) Lap Swim (2) 10:30-11:30am	
Lap Swim (4) 10:30am-6:30pm	Lap Swim (4) 10:30am-9:30pm	Lap Swim (4) 10:30am-7:15pm	Lap Swim (4) 10:30-9:30pm	Lap Swim (4) 10:30am-8:00pm	Swim Lessons (1) Lap Swim (3) 11:30am-1pm	
Water Aerobics (2) Lap Swim (2) 6:30-7:30pm		Swim Lessons (1) Lap Swim (3) 7:15-8pm			Lap Swim (4) 1-5:45pm	
Swim Lessons (1) Lap Swim (3) 7:15-8pm		Lap Swim (4) 8-9:30pm				
Lap Swim (4) 8-9:30pm						



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PLEASE NOTE

- ◇ All pools are closed from 2-4pm on Thursdays for regularly scheduled maintenance.
- ◇ Numbers in parentheses indicate how many lanes are dedicated to each activity.
- ◇ The YMCA does reserve the right to change the schedule for program purposes if needed.

THERAPY POOL SWIM SCHEDULE

EFFECTIVE SEPTEMBER 1, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Member Swim 5-5:30am	POOL CLOSED 5-9am	Member Swim 5-5:30am	POOL CLOSED 5-9am	POOL CLOSED 5-9am	Member Swim 7-7:30am	Member Swim 10am-5:45pm
Water Aerobics 5:30-6:30am	Member Swim 9-1pm	Water Aerobics 5:30-6:30am	Member Swim 9-1pm	Member Swim 9-1pm	Swim Lessons 8:30am-12:15pm	
Member Swim 6:30-1pm	POOL CLOSED 1-4pm	Member Swim 6:30-8am	POOL CLOSED 1-4pm	POOL CLOSED 1-4pm	Member Swim 1:15-5:45pm	
POOL CLOSED 1-4pm	Member Swim 4-6:30p	Member Swim 9-1pm	Member Swim 4-6:30p	Member Swim 4-8:00p		
Member Swim 4-5p	Aqua Cycle 6:30-7:30pm	POOL CLOSED 1-4pm	Water Aerobics 6:30-7:30pm			
Swim Lessons 5-7:50pm	Member Swim 7:30-9:30pm	Member Swim 4-5p	Member Swim 7:30-9:30pm			
Member Swim 7:50-9:30pm		Swim Lessons 5-7:50pm				
		Member Swim 7:50-9:30pm				

Therapy pool will be used on Fridays for swim lesson makeup sessions in the event of postponed lessons due to inclement weather. Communication regarding makeup sessions will be available on center Facebook page.

For more information: Aquatics Director, Jennifer Bunch
Email: Jennifer.Bunch@ymcahouston.org
Phone: 713-659-8501.

TELLEPSER FAMILY DOWNTOWN YMCA

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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.



Text YMCAHouston to 41411