

Scantic Pool Schedule: September 5-October 22

Mon

5:30a-8:00a
4 lanes Lap swim
Warm pool open

8:00a-12:15p
2 Lap lanes
Open swim area
Warm pool open

12:15p-1:00p
Gentle Joints
Warm pool closed
Lap pool open

1:00p-3:45p
2 Lap lanes
Open swim area Warm
pool open

3:45p-7:00p
Swim lessons both
pools closed

7:00p-8:00p
4 lanes lap swim
Warm pool open

Tue

5:30a-8:00a
4 lanes Lap swim
Warm pool open

8:00a-12:15p
2 Lap lanes
Open swim area
Warm pool open

12:15p-1:00p
Gentle Joints
Warm pool closed
Lap pool open

1:00p-4:00p
2 Lap lanes
Open swim area
Warm pool open

4:00p-5:45p
1 lap lane only
Open area closed
Warm pool open

5:45p-6:30p
4 lanes lap swim
Warm pool open

6:30p-7:30p
Lap pool closed
Warm pool open

Pool closes at 7:30p

Wed

5:30a-8:00a
4 lanes Lap swim
Warm pool open

8:15-9:00a
Warm water conditioning
Warm pool closed
Lap pool open

9:00a-10:00a
Both pools open

10:00a-10:45a
Water Aerobics
Lap pool closed
Warm pool open

10:45a-12:15p
Both pools open

12:15p-1:00p
Gentle Joints
Warm pool closed
Lap pool open

1:00p-3:45p
2 Lap lanes
Open swim area
Warm pool open

3:45p-7:00p
Swim lessons
both pools closed

7:00p-8:00p
4 lanes lap swim
Warm pool open

Thu

5:30a-8:00a
4 lanes Lap swim
Warm pool open

8:00a-12:15p
2 lap lanes
Open swim area
Warm pool open

12:15p-1:00p
Warm water conditioning
Warm pool closed
Lap pool open

1:00p-7:00p
2 Lap lanes
Open swim area
Warm pool open

7:00p-8:00p
4 lanes lap swim
Warm pool open

Fri

5:30a-8:00a
4 lanes Lap swim
Warm pool open

8:15a-9:00a
Warm water conditioning
warm pool closed
Lap pool open

9:00a-12:15p
Both pools open

12:15p-1:00p
Water Aerobics
Lap pool closed
Warm pool open

1:00p-7:00p
2 Lap lanes
Open swim area
Warm pool open

7:00p-8:00p
4 lanes lap swim
Warm pool open

Sat

7:00a-8:45a
4 lanes Lap swim
Warm pool open

8:45a-12:00p
Swim lessons both
pool closed

12:00p-2:00p
2 lap lanes
Open swim area
Warm pool open

Sun

8:00a-9:30a
4 lanes Lap swim
Warm pool open

9:30a-10:15a
Aqua Zumba Lap
pool closed
Warm pool open

10:15a-2:00p
4 lanes lap swim
Warm pool open



YMCA OF GREATER SPRINGFIELD