



# Scottsbluff Family YMCA Pool Schedule 2016-2017

## Main Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 7:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool Closed	Pool Closed
8:15 - 9:30	Water Workout	Water Workout	Water Workout	Water Workout	Water Workout	Lap Swim 8:00 - 10:00	Pool Closed
9:00 - 10:00	Senior Swim	<b>Closed for Cleaning</b> 9:00 - 11:00	Senior Swim	<b>Closed for Cleaning</b> 9:00 - 11:00	Senior Swim	Open Swim 10:00 - 6:00	Pool Closed
10:00 - 2:00	Lap Swim	Lap Swim 11:00 - 1	Lap Swim	Lap Swim 11:00 - 1	Lap Swim		Open Swim 1:00 - 6:00
2:00 - 4:00	<b>Closed for Cleaning</b>	<b>Closed for Cleaning</b>	<b>Closed for Cleaning</b>	<b>Closed for Cleaning</b>	<b>Closed for Cleaning</b>		
4:00 - 5:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
5:00 - 7:00	Lap Swim 5:00 - 7:00 Water Workout 5:45 - 6:30	Lap Swim 5:00 - 7:00 Water Workout 5:45 - 6:30	Lap Swim 5:00 - 7:00 Water Workout 5:45 - 6:30	Lap Swim 5:00 - 7:00 Water Workout 5:45 - 6:30	Lap Swim 5:00 - 7:00	Pool Closed	Pool Closed
7:00 - 8:45	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Pool Closed	Pool Closed

## Therapy Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 7:00	Open	Open	Open	Open	Open	Pool Closed	Pool Closed
8:00 - 9:00	Open	Open	Open	Open	Open	Open 8:00 - 6:00	
9:00 - 10:00	Senior Swim	<b>Closed for Cleaning</b> 9:00 - 11:00	Senior Swim	<b>Closed for Cleaning</b> 9:00 - 11:00	Senior Swim		
10:00 - 11:00	Twinges & Hinges	9:00 - 11:00	Twinges & Hinges	9:00 - 11:00	Twinges & Hinges	Open 1:00 - 6:00	
11:00 - 1:00	Open	Open	Open	Open	Open		
1:00 - 2:00	<b>Closed for Cleaning</b>	<b>Closed for Cleaning</b>	<b>Closed for Cleaning</b>	<b>Closed for Cleaning</b>	<b>Closed for Cleaning</b>		
2:00 - 4:00	<b>Closed for Cleaning</b>	<b>Closed for Cleaning</b>	<b>Closed for Cleaning</b>	<b>Closed for Cleaning</b>	<b>Closed for Cleaning</b>		
4:00 - 5:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
4:15 - 5:00	Therapeutic Water Workout	Therapeutic Water Workout	Therapeutic Water Workout	Therapeutic Water Workout	Therapeutic Water Workout		
5:00 - 8:45	Open	Open	Open	Open	Open	Pool Closed	Pool Closed

### Main Pool

85°

**Lap Swim:** Continuous lane swimming only.

**Open Swim:** Pool is open to all YMCA members and day pass holders. Children must be 8 to swim without an adult.

**Swim Lessons:** Registered lesson participants only.

**Senior Swim:** You are never too old to have fun in the pool! Swim laps, Water exercise, water walk, or just enjoy the water.

### Therapy Pool

94°

- Therapy/Instruction use only.
- Children in therapy pool must be 6 or younger and have an adult with them; 1:1 ratio.
- Children must be within arms length of adult at all times.
- Only 4 children at a time with their parents to make room for therapy users.

### Hot Tub

104°

Open throughout the day when the main pool is open.

## Scottsbluff Family YMCA

22 South Beltline Hwy. E  
Scottsbluff, NE 69361  
308-635-2318

[www.ymcaofscottsbluff.org](http://www.ymcaofscottsbluff.org)

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