



SALT FORK YMCA POOL SCHEDULE

WINTER 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 AM	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	CLOSED	CLOSED	
6:00 AM								
6:30 AM		Deep Water 6:45 - 7:30		Lap Swim Family Rec Swim		Deep Water 6:45 - 7:30		Lap Swim Family Rec Swim
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	Rusty Hinges 9:00 - 10:00		Rusty Hinges 9:00 - 10:00	Rusty Hinges 9:00 - 10:00				
9:30 AM								
10:00 AM	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Group Swim Lessons 10:00-11:00			
10:30 AM					Lap Swim Family Rec Swim	Masters Swim 11:00-12:00		
11:00 AM								
11:30 AM								
12:00 PM	Home School Swim Lessons 12:00-1:00							
12:30 PM								
1:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Lap Swim Family Rec Swim	Masters Swim 1:00-2:00	
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM	MHS Swim Team Swim Team	MHS Swim Team Swim Team	MHS Swim Team Swim Team	MHS Swim Team Swim Team	MHS Swim Team			
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM	Group Swim Les- sons 5:30- 6:00	Aqua Zumba 5:30-6:30	Group Swim Lessons	Aqua Zumba 5:30-6:30				
6:00 PM								
6:30 PM	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim	Masters Swim 6:30-7:30	Lap Swim Family Rec Swim	CLOSED	CLOSED	CLOSED	
7:00 PM								
7:30 PM			Lap Swim Family Rec Swim					
8:00 PM								

Holiday & Inclement weather may effect the Aquatics Area availability.

Lightning Policy: In case of thunder/lightning storms, we will close the pool as recommended by YMCA of the USA guidelines. The pool will remain closed for 30 minutes after each detected lightning strike. Lifeguard on duty will make official decision on weather openings/closings. 1/30/2024

GROUP WATER EXERCISE:

AQUA ZUMBA

- * Low impact, high-energy aquatic exercise
- * Aqua Zumba blends the Zumba philosophy with water resistance
- * Less impact on your joints
- * Water creates natural resistance, which helps tone muscles

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GROUP SWIM LESSONS:

