



AQUATIC SCHEDULE

BUTLER YMCA
Begins January 2, 2023

724.287.4733

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY	
	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN
5:30am	CLOSED			Open Swim 5:30am-11:00am	Open Swim 5:30am-9:30am	Open Swim 5:30am-9:00am	Open Swim 5:30am-9:30am	Open Swim 5:30am-10:00am
6:00								
6:30								
7:00								
7:30								
8:00								
8:30								
9:00								
9:30								
10:00	Open Swim 10:00am-2:00pm		Open Swim 5:30am-2:00pm	Aqua for Arthritis 11:00am-11:45am	Pool Jogging w/HIIT Blasts & Abs 9:30am-10:30am	Swim Lessons 9:00am-10:45am	Aqua Intervals 9:30am-10:30am	Aqua for Arthritis 10:15am-11:00am
10:30								
11:00								
11:30								
Noon								
12:30								
1:00								
1:30								
2:00	CLOSED		Open Swim 2:00pm-5:30pm	Work it in the Water 12:00pm-12:45pm	Open Swim 10:30am-1:00pm	Gentle Water Exercise 11:00am-11:45am	Open Swim 10:30am-1:00pm	Gentle Water Exercise 11:15am-12:00pm
2:30								
3:00								
3:30								
4:00								
4:30								
5:00								
5:30								
6:00								
6:30								
7:00								
7:30								
8:00								

- The Pool Schedule is SUBJECT TO CHANGE. Updated schedules will then be available at the Communication Board and on the website.
- Private Swim Lessons available. Please check with the Swim Lesson Coordinator for times and pool availability.
- Swim Lessons run January 2-February 25, 2023 (8 weeks).
- No lap lane will be available when YMCA Child Care is swimming, OTHERWISE 1 lap lane will be available.
- When a birthday party is scheduled in Pool 2, it will be closed to other members for one hour.
- Water Group Fitness class sizes will be limited to 20 members in Pool 1 and 30 members in Pool 2
- 6 persons max in the Whirlpool at one time



AQUATIC SCHEDULE

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Begins January 2, 2023

	THURSDAY		FRIDAY		SATURDAY	
	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN	POOL 1	McLAUGHLIN
5:30am	Open Swim 5:30am-9:30am	Open Swim 5:30am-11:15am	Open Swim 5:30am-9:30am	Open Swim 5:30am-9:00am		
6:00						
6:30						
7:00						
7:30						
8:00						
8:30	Deep H2O Suspension 9:30am-10:30am	Gentle Water Exercise 11:15am-12:00pm	Aqua Intervals 9:30am-10:30am	YMCA Child Care Swim Lessons 9:00am-11:30am	Open Swim 7:30am-5:30pm	Open Swim 7:30am-9:00am
9:00						
9:30						
10:00						
10:30						
11:00						
11:30	Open Swim 10:30am-1:00pm	Total Body Conditioning 12:15pm-1:00pm	Open Swim 10:30am-3:15pm	Open Swim 11:30am-1:00pm	Swim Lessons (1 lane) 9:00am-12:00pm	Swim Lessons 9:00am-11:15am
Noon						
12:30						
1:00						
1:30						
2:00						
2:30	CLOSED 1:00pm-4:00pm	CLOSED 1:00pm-4:00pm	Open Swim 10:30am-3:15pm	Open Swim 11:30am-1:00pm	Aqua Dance Party 1:00pm-2:00pm	Open Swim 11:20am-5:30pm
3:00						
3:30						
4:00						
4:30						
5:00						
5:30	Knoch Swim Team 3:15pm-4:30pm	Open Swim 4:00pm-8:00pm	Knoch Swim Team 3:15pm-4:00pm	Swim Teams (4 lanes) 4:00pm-7:00pm	Open Swim 2:00pm-7:00pm	Open Swim 11:20am-5:30pm
6:00						
6:30						
7:00						
7:30						
8:00						
7:30	Open Swim 7:15pm-8:00pm	Open Swim 4:00pm-8:00pm	CLOSED	CLOSED	CLOSED	CLOSED
8:00						



Test. Mark. Protect.

- Ages 12 and under must pick-up a swim band before entering the pool.
- Bands indicate swimming ability.
- Red= Non-Swimmer
- Green=Swimmer
- Ages 7 and under require reach supervision from an adult in the water regardless of band color.
- Red bands are restricted to shallow water and require adult reach supervision in the water at all times.
- Only swimmers 8-12 years old who have passed the Green Band swim test are permitted in all areas of the pools without an adult.

**Green Band
Swim Testing Times**
 Monday-Wednesday 9:00am-6:30pm
 Friday 9:00am-6:30pm
 Saturday 9:00am-4:30pm
 Sundays 10:00am-1:30pm

Updated: 12/29/2022