

# INDOOR POOL 1 • SPRING SCHEDULE

Niebur Center • 13 Years & Up (For Lap Swim)

MEMBERS ONLY: Edwardsville YMCA, Nationwide & Guests of Members

Check-In At Front Desk



## MAY 1<sup>ST</sup> - 25<sup>TH</sup>

MON	TUES	WED	THURS	FRI	SAT	SUN	
<b>Member Lap Swim</b> 5:00 - 10:00am	<b>Member Lap Swim</b> 5:00 - 9:50am	<b>Member Lap Swim</b> 5:00 - 10:00am	<b>Member Lap Swim</b> 5:00 - 9:50am	<b>Member Lap Swim</b> 5:00 - 10:00am	<b>CLOSED</b>	<b>CLOSED</b>	
<b>Member Open &amp; Lap Swim</b> (3 Lap Lanes) 10:00am - 1:00pm	<b>Deep Water Aerobics</b> 10:00 - 10:55am (2 Lap Swim Lanes)	<b>Member Open &amp; Lap Swim</b> (3 Lap Lanes) 10:00am - 1:00pm	<b>Deep Water Aerobics</b> 10:00 - 10:55am (2 Lap Swim Lanes)	<b>Member Open &amp; Lap Swim</b> (3 Lap Lanes) 10:00am - 1:00pm	<b>Swim Lessons</b> 9:00 - 11:30am		<b>Member Lap Swim</b> 10:00am - 12:00pm
<b>CLOSED</b> 1:00 - 3:30pm	<b>Adult Member Lap Swim</b> 11:00am - 1:00pm	<b>CLOSED</b> 1:00 - 3:30pm	<b>Adult Member Lap Swim</b> 11:00am - 1:00pm	<b>CLOSED</b> 1:00 - 3:30pm	<b>Member Open &amp; Lap Swim</b> (3 Lap Lanes) 11:30am - 3:00pm		<b>Member Open &amp; Lap Swim</b> (3 Lap Lanes) 12:00 - 1:00pm
<b>Member Lap Swim</b> 3:30 - 4:30pm <b>Swim Lessons</b> 3:30 - 7:10pm <b>Swim Team Practice</b> 4:30 - 6:00pm <b>Member Lap Swim</b> 6:00 - 7:10pm	<b>Swim Lessons</b> 3:30 - 7:10pm  <b>Member Lap Swim</b> (2 Lap Lanes) 3:30 - 7:45pm	<b>Member Lap Swim</b> 3:30 - 4:30pm <b>Swim Lessons</b> 3:30 - 7:10pm <b>Swim Team Practice</b> 4:30 - 6:00pm <b>Water Running</b> 6:00 - 6:55pm	<b>Member Lap Swim</b> 3:30 - 4:30pm <b>Swim Lessons</b> 3:30 - 7:10pm <b>Swim Team Practice</b> 4:30 - 6:00pm <b>Member Lap Swim</b> 6:00 - 7:10pm	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	
<b>Member Open Swim</b> (3 Lap Lanes) 7:10 - 8:30pm	<b>Member Lap Swim</b> 7:45 - 8:30pm	<b>Member Open Swim</b> (3 Lap Lanes) 7:10 - 8:30pm	<b>Member Lap Swim</b> 7:45 - 8:30pm				

### Open Swim Age Policy

- Ages 7 & under must be accompanied in the water by an adult at all times, within arms reach. An adult is parent/guardian (18 years or older) or an authorized child care provider (who is 16 years or older).
- Ages 8 - 12 may participate in open swim, after passing swim test. Parent/guardian must remain in the facility.

### Weather Policy

- If lightning is detected, the pools must shut down for 30 minutes. If this happens within an hour of the pool closing for the day, it will remain closed.

### Guest Policy

- **Mission Members:** Those 18 years & older are allowed to bring 1 guest with them per visit. A guest is only allowed to come into the Edwardsville YMCA as a guest 5 times total for the calendar year.
- **Part Of The Cause Members (Basic), Nationwide Members & Non-Members:** Are not allowed to bring guests with them.

**Note: This schedule is subject to change at the discretion of the YMCA.**

**Updated: 4/29/25**



# INDOOR POOL 2 • SPRING SCHEDULE

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Check-In At Front Desk

## MAY 1<sup>ST</sup> - 25<sup>TH</sup>

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Member Lap Swim</b> 5:00 - 6:30am	<b>Member Lap Swim</b> 5:00 - 6:30am	<b>Member Lap Swim</b> 5:00 - 6:30am	<b>Member Lap Swim</b> 5:00 - 6:30am	<b>Member Lap Swim</b> 5:00 - 6:30am	<b>CLOSED</b>	<b>CLOSED</b>
<b>Adult Member Open Swim</b> (1 Lap Lane) 6:30 - 8:50am	<b>Adult Member Open Swim</b> (1 Lap Lane) 6:30 - 8:50am	<b>Adult Member Open Swim</b> (1 Lap Lane) 6:30 - 8:50am	<b>Adult Member Open Swim</b> (1 Lap Lane) 6:30 - 8:50am	<b>Member Open Swim</b> (1 Lap Lane) 6:30 - 8:50am	<b>Adult Member Open Swim</b> 7:00 - 7:55am	
<b>Aqua Aerobics</b> 9:00 - 9:55am	<b>Water Exercise Core &amp; Balance</b> 9:00 - 9:55am	<b>Water Exercise</b> 9:00 - 9:55am	<b>Aqua Aerobics</b> 9:00 - 9:55am	<b>Aqua Aerobics</b> 9:00 - 9:55am	<b>Aqua Aerobics</b> 8:00 - 8:55am	
<b>Transition</b> 9:55 - 10:00am	<b>Transition</b> 9:55 - 10:00am	<b>Aqua Tabata</b> 10:00 - 10:55am	<b>Transition</b> 9:55 - 10:00am	<b>Transition</b> 9:55 - 10:00am	<b>Swim Lessons</b> 9:00am - 12:00pm	
<b>Member Open Swim</b> (1 Lap Lane) 10:00am - 1:00pm	<b>Member Open Swim</b> (1 Lap Lane) 10:00am - 1:00pm	<b>Member Open Swim</b> (1 Lap Lane) 11:00am - 1:00pm	<b>Member Open Swim</b> (1 Lap Lane) 10:00am - 1:00pm	<b>Member Open Swim</b> (1 Lap Lane) 10:00am - 1:00pm		
<b>CLOSED</b> 1:00 - 3:30pm	<b>CLOSED</b> 1:00 - 3:30pm	<b>CLOSED</b> 1:00 - 3:30pm	<b>CLOSED</b> 1:00 - 3:30pm	<b>CLOSED</b>	<b>Member Lap Swim</b> 10:00 - 11:30am	
<b>Swim Lessons</b> 3:30 - 7:15pm	<b>Swim Lessons</b> 3:30 - 7:15pm	<b>Swim Lessons</b> 3:30 - 7:15pm	<b>Swim Lessons</b> 3:30 - 7:15pm		<b>Member Open Swim</b> 11:30am - 1:00pm	
<b>Member Open Swim</b> 7:15 - 8:30pm	<b>Member Open Swim</b> 7:15 - 8:30pm	<b>Member Open Swim</b> 7:15 - 8:30pm	<b>Member Open Swim</b> 7:15 - 8:30pm		<b>Member Open Swim</b> 12:00 - 3:00pm	
<b>Swim Lessons</b> 3:30 - 7:15pm	<b>Swim Lessons</b> 3:30 - 7:15pm	<b>Swim Lessons</b> 3:30 - 7:15pm	<b>Swim Lessons</b> 3:30 - 7:15pm		<b>CLOSED</b>	

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