

# INDOOR POOL 1 • WINTER 2 & SPRING SCHEDULE

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

MEMBERS ONLY: Edwardsville YMCA, Nationwide & Guests of Members

Check-In At Front Desk



## MARCH 11<sup>TH</sup> – MAY 26<sup>TH</sup> • YMCA CLOSED MARCH 31<sup>ST</sup>

**\*ALTERNATE SCHEDULE APRIL 15<sup>TH</sup> – 21<sup>ST</sup> FOR BREAK WEEK\***

MON	TUES	WED	THURS	FRI	SAT	SUN
Member Lap Swim 5:00 – 10:00am	Member Lap Swim 5:00 – 9:50am	Member Lap Swim 5:00 – 10:00am	Member Lap Swim 5:00 – 9:50am	Member Lap Swim 5:00 – 10:00am	CLOSED	CLOSED
					Member Lap Swim 7:00 – 9:00am	
	Deep Water Aerobics 10:00 – 10:55am (2 Lap Swim Lanes)		Deep Water Aerobics 10:00 – 10:55am (2 Lap Swim Lanes)		Swim Lessons (4 Lap Lanes) & Member Open Swim (2 Lap Lanes) 9:00am – 12:00pm	Member Lap Swim 10:00am – 12:00pm
Member Open & Lap Swim (3 Lap Lanes) 10:00am – 1:00pm	Adult Member Lap Swim 11:00am – 1:00pm	Member Open & Lap Swim (3 Lap Lanes) 10:00am – 1:00pm	Adult Member Lap Swim 11:00am – 1:00pm	Member Open & Lap Swim (3 Lap Lanes) 10:00am – 1:00pm	Member Open & Lap Swim (3 Lap Lanes) 12:00 – 3:00pm	Member Open & Lap Swim (3 Lap Lanes) 12:00 – 1:00pm
CLOSED 1:00 – 3:30pm	CLOSED 1:00 – 3:30pm	CLOSED 1:00 – 3:30pm	CLOSED 1:00 – 3:30pm	CLOSED	CLOSED	CLOSED
Pre-Comp Swim Lessons (3 Lap Lanes) 4:00 – 5:00pm	Pre-Comp Swim Lessons (3 Lap Lanes) 4:00 – 5:00pm	Swim Lessons 3:30 – 7:10pm	Pre-Comp Swim Lessons (3 Lap Lanes) 4:00 – 5:00pm			
Swim Lessons 3:30 – 7:10pm	Swim Lessons 3:30 – 7:10pm	Member Lap Swim (2 Lap Lanes) 3:30 – 6:00pm	Swim Lessons 3:30 – 7:10pm			
Member Lap Swim (2 Lap Lanes) 3:30 – 7:10pm	Member Lap Swim (2 Lap Lanes) 3:30 – 7:45pm	Water Running 6:00 – 6:55pm	Member Lap Swim (2 Lap Lanes) 3:30 – 7:45pm			
	Masters Swim 6:40 – 7:45pm		Masters Swim 6:40 – 7:45pm			
Member Open Swim (3 Lap Lanes) 7:10 – 8:30pm	Member Lap Swim 7:45 – 8:30pm	Member Open Swim (3 Lap Lanes) 7:10 – 8:30pm	Member Lap Swim 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.

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

**Updated: 3/4/24**



# INDOOR POOL 2 • WINTER 2 & SPRING SCHEDULE

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

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### Weather Policy

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### Transition Time

- Members are getting in or out of the pool for class or swimming.

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**Updated: 3/4/24**