# **INDOOR POOL 1 • FALL BREAK WEEK SCHEDULE**

Niebur Center • 13 Years & Up (For Lap Swim)
MEMBERS ONLY: Edwardsville YMCA, Nationwide & Guests of Members
Check-In At Front Desk



### OCTOBER 16TH - OCTOBER 22ND

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

**Open Swim Age Policy** 

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: 10/11/23** 

<sup>•</sup> Åges 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).



# **INDOOR POOL 2 • FALL BREAK WEEK SCHEDULE**

Niebur Center • 13 Years & Up (For Lap Swim)
MEMBERS ONLY: Edwardsville YMCA, Nationwide & Guests of Members
Check-In At Front Desk

### OCTOBER 16TH - OCTOBER 22ND

| MON  | TUES  | WED  | THURS  | FRI  | SAT                                     | SUN                                   |
|--|---|--|--|--|---|---------------------------------------|
| Member<br>Lap Swim<br>5:00 - 6:30am                  | Member<br>Lap Swim<br>5:00 - 6:30am                                   | Member<br>Lap Swim<br>5:00 - 6:30am                  | Member<br>Lap Swim<br>5:00 - 6:30am                | Member<br>Lap Swim<br>5:00 - 6:30am                | CLOSED                                  | CLOSED                                |
| Member<br>Open Swim<br>(1 Lap Lane)<br>6:30 - 9:50am | Member<br>Open Swim<br>(1 Lap Lane)<br>6:30 - 9:50am                  | Member<br>Open Swim<br>(1 Lap Lane)<br>6:30 - 8:50am | (1 Lap Lane)<br>6:30 - 9:50am                      |  | Aqua<br>Aerobics<br>8:00 - 8:50am       |                                       |
|  |   | Water<br>Exercise<br>9:00 - 9:50am                   |  | Member<br>Open Swim                                |   |                                       |
| <b>Aqua Aerobics</b> 10:00 – 10:50am                 | Water Exercise<br>Core & Balance<br>10:00 - 10:50am                   | <b>Aqua Tabata</b> 10:00 – 10:50am                   | Aqua Aerobics<br>10:00 – 10:50am                   | (1 Lap Lane)<br>6:30am -<br>12:00pm                | Adult Member                            |                                       |
| Member<br>Open Swim<br>11:00am –<br>12:00pm          | Member<br>Open Swim<br>11:00am –<br>12:00pm                           | Member<br>Open Swim<br>11:00am –<br>12:00pm          | Member<br>Open Swim<br>11:00am -<br>12:00pm        |  | <b>Open Swim</b><br>9:00am -<br>12:30pm | Member<br>Lap Swim<br>10:00 - 11:30am |
| Adult Member   | Adult Member  | Adult Member   | Adult Member                                       | Adult Member                                       |   | Member                                |
| <b>Open Swim</b> (1 Lap Lane) 12:00 – 1:00pm         | <b>Open Swim</b><br>(1 Lap Lane)<br>12:00 - 1:00pm                    | <b>Open Swim</b><br>(1 Lap Lane)<br>12:00 - 1:00pm   | <b>Open Swim</b><br>(1 Lap Lane)<br>12:00 – 1:00pm | <b>Open Swim</b><br>(1 Lap Lane)<br>12:00 – 1:00pm | Member<br>Open Swim                     | <b>Open Swim</b><br>11:30am – 1:00pm  |
| <b>CLOSED</b><br>1:00 - 3:30pm                       | <b>CLOSED</b><br>1:00 - 3:30pm  | <b>CLOSED</b><br>1:00 - 3:30pm                       | <b>CLOSED</b><br>1:00 – 3:30pm                     |  | 12:30 – 3:00pm                          |                                       |
| <b>Swim Lessons</b> 3:30 – 7:15pm                    | Member<br>Open Swim<br>3:30 - 5:45pm<br>Swim Lessons<br>5:50 - 7:15pm | Member<br>Open Swim<br>3:30 - 8:30pm                 | Member<br>Open Swim<br>3:30 - 8:30pm               | CLOSED   | CLOSED                                  | CLOSED                                |
| Member<br>Open Swim<br>7:15 - 8:30pm                 | Member<br>Open Swim<br>7:15 - 8:30pm                                  |  |  |  |   |                                       |

Open Swim Age Policy

Weather Policy

**Updated: 10/11/23** 

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

<sup>•</sup> 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/quardian must remain in the facility.

<sup>•</sup> 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.

INDOOR POOL 1 • FALL 2 SCHEDULE
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# OCTOBER 23<sup>RD</sup> – DECEMBER 17<sup>TH</sup> • NIEBUR CLOSED NOV. 23<sup>RD</sup> & 24<sup>TH</sup> (SCHEDULE WILL CHANGE FOR THANKSGIVING WEEK)

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

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### INDOOR POOL 2 • FALL 2 SCHEDULE Niebur Center • 13 Years & Up (For Lap Swim)

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|--|--|--|--|--|--|---------------------------------------|
| Member<br>Lap Swim<br>5:00 - 6:30am                        | CLOSED   | CLOSED                                |
| Member<br>Open Swim<br>(1 Lap Lane)<br>6:30 - 8:50am |  | Aqua<br>Aerobics<br>8:00 - 8:50am                              |                                       |
| <b>Aqua Aerobics</b> 9:00 – 9:50am                   | Water Exercise<br>Core & Balance<br>9:00 - 9:50am    | Water<br>Exercise<br>9:00 - 9:50am                   | Aqua Aerobics<br>9:00 - 9:50am                       | Member<br>Open Swim<br>(1 Lap Lane)<br>6:30am -<br>12:00pm | Swim Lessons 9:00am - 12:30pm  Member Open Swim 12:30 - 3:00pm |                                       |
|  |  | <b>Aqua Tabata</b> 10:00 - 10:50am                   |  |  |  |                                       |
| Member<br>Open Swim<br>10:00am -<br>12:00pm          | Member<br>Open Swim<br>10:00am -<br>12:00pm          | Member<br>Open Swim<br>11:00am -<br>12:00pm          | Member<br>Open Swim<br>10:00am -<br>12:00pm          | 12.00pm  |  | Member<br>Lap Swim<br>10:00 - 11:30am |
| Adult Member   |  | Member                                |
| <b>Open Swim</b><br>(1 Lap Lane)<br>12:00 – 1:00pm   | <b>Open Swim</b><br>(1 Lap Lane)<br>12:00 – 1:00pm   | <b>Open Swim</b><br>(1 Lap Lane)<br>12:00 - 1:00pm   | <b>Open Swim</b><br>(1 Lap Lane)<br>12:00 – 1:00pm   | <b>Open Swim</b><br>(1 Lap Lane)<br>12:00 - 1:00pm         |  | <b>Open Swim</b><br>11:30am – 1:00pm  |
| <b>CLOSED</b><br>1:00 – 3:30pm                       | <b>CLOSED</b><br>1:00 – 3:30pm                       | <b>CLOSED</b><br>1:00 – 3:30pm                       | <b>CLOSED</b><br>1:00 – 3:30pm                       |  |  | CLOSED                                |
| <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><br>3:30 – 7:15pm                 | CLOSED   |  |                                       |
| Member<br>Open Swim<br>7:15 - 8:30pm                 |  |  |                                       |

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