

# OPEN GYM & POOL TIMES

January 1 - April 17 Subject to change without notice.

## COOL POOL LAP/OPEN SCHEDULE

### Monday:

5:15 - 7:10 am Lap  
 9:35 - 10:25 am Lap  
 10:30 - 11:30 am Adult Deep  
 11:35 - 1:00 pm Adult Lap  
 1:05 - 3:40 pm Lap/Open  
 3:45 - 5:15 pm Lap\*/Class  
 5:15 - 6:00 pm Lap  
 6:05 - 6:40 pm Lap\*/Class  
 6:45 - 7:30 pm Lap\*/Class  
 7:35 - 9:00 pm Lap/Open

### Tuesday:

5:15 - 6:00 am Lap  
 6:00 - 7:55 am Lap\*/Class  
 9:10 - 10:40 am Lap\*/Class  
 10:45 - 11:30 am Lap\*/Class  
 11:35 - 1:00 pm Adult Lap  
 1:05 - 4:00 pm Lap/Open  
 5:05 - 6:00 pm Lap  
 7:00 - 8:30 pm WIMPS  
 7:30 - 9:00 pm Lap\*/Class

### Wednesday:

5:15 - 7:10 am Lap  
 9:35 - 10:25 am Lap  
 10:30 - 11:30 am Adult Deep  
 11:35 - 1:00 pm Adult Lap  
 1:05 - 3:40 pm Lap/Open  
 3:45 - 5:15 pm Lap\*/Class  
 5:15 - 6:00 pm Lap  
 6:05 - 6:40 pm Lap\*/Class  
 6:45 - 7:30 pm Lap\*/Class  
 7:35 - 9:00 pm Lap/Open

### Thursday:

5:15 - 7:55 am Lap  
 9:10 - 10:40 am Lap\*/Class  
 10:45 - 11:30 am Lap\*/Class  
 11:35 - 1:00 pm Adult Lap  
 1:05 - 4:00 pm Lap/Open  
 5:05 - 6:00 pm Lap  
 7:20 - 9:00 pm Lap/Open

### Friday:

5:15 - 7:10 am Lap  
 9:35 - 10:25 am Lap  
 10:30 - 11:30 am Adult Deep  
 11:35 - 1:00 pm Adult Lap  
 1:05 - 3:55 pm Lap/Open  
 4:00 - 6:00 pm Lap  
 6:05 - 9:00 pm Lap/Open

### Saturday:

7:00 - 8:25 am Lap  
 11:15 - 1:00 pm Adult Lap  
 1:05 - 4:30 pm Lap/Open

### Sunday:

12:15 - 4:30 pm Lap/Open

## WARM POOL OPEN/FAMILY SCHEDULE

### Monday:

7:30 - 8:15 am Adult Open  
 8:15 - 9:00 am Adult Deep  
 9:05 - 10:25 am Family/C.C. Swim  
 12:05 - 1:30 pm Family  
 6:05 - 7:30 pm Family  
 7:35 - 9:00 pm Open

### Tuesday:

10:30 - 12:00 pm Adult Deep  
 12:05 - 1:00 pm Family  
 2:00 - 5:45 pm Open  
 6:45 - 8:00 pm Family  
 8:05 - 9:00 pm Open

### Wednesday:

7:30 - 8:15 am Adult Open  
 8:15 - 9:00 am Adult Deep  
 9:00 - 10:25 am Family/C.C. Swim  
 12:05 - 1:00 pm Family  
 6:50 - 8:00 pm Family  
 8:05 - 9:00 pm Open

### Thursday:

11:15 - 12:00 pm Adult Deep  
 2:00 - 5:45 pm Open  
 6:35 - 8:00 pm Family  
 8:05 - 9:00 pm Open

### Friday:

7:30 - 8:15 am Adult Open  
 8:15 - 9:00 am Adult Deep  
 9:05 - 10:25 am Family/C.C. Swim  
 12:05 - 1:00 pm Family  
 6:05 - 8:00 pm Family  
 8:05 - 9:00 pm Open

### Saturday:

8:00 - 8:45 am Adult Open  
 12:05 - 3:00 pm Family  
 3:05 - 4:30 pm Open

### Sunday:

12:15 - 4:30 pm Family

## OPEN GYM SCHEDULES

### Open Gym:

Monday: 5:00 am - 7:00 am  
 1:00 pm - 9:30 pm  
 Tuesday: 1:00 pm - 9:30 pm  
 Wednesday: 1:00 pm - 9:30 pm  
 Thursday: 1:00 pm - 9:30 pm  
 Friday: 1:00 pm - 9:30 pm  
 Sunday: 12:00 pm - 5:00 pm

### Adult Open Gym:

(Pick Up Basketball, 16 and older)

Monday: 5:00 am - 8:30 am  
 4:00 am - 9:30 pm  
 Tuesday: 5:00 am - 8:30 am  
 4:00 am - 9:30 pm  
 Wednesday: 5:00 am - 8:30 am  
 4:00 am - 9:30 pm  
 Thursday: 5:00 am - 8:30 am  
 4:00 am - 9:30 pm  
 Friday: 5:00 am - 8:30 am  
 4:00 am - 9:30 pm  
 Sunday: 12:00 pm - 5:00 pm

The times listed above apply only to certain gym facilities. Call ahead or consult the schedule posted outside each gym for specific facility availability. Schedules are subject to change. Holiday season and special event schedules will be posted at least one week prior to the date of use. Call our member services desk to verify current schedules.

- **OPEN** swims are for members and guests. There are no lap lanes.
- **CIRCLE** swimming, walking, or jogging will be done in all LAP lanes.
- **ADULT LAP** swims are for adult (18 or older) members and guests.
- **LAP/CLASS** lap lanes will be limited due to class.
- **LAP/OPEN** swims are for members and guests. Part of the pool is available for lap swimming and part for recreational swimming. Lap lanes will be moved according to need; preference is given to children. In addition, part of the pool may be used for staff training.
- **ADULT DEEP/SHALLOW** swims are for water exercises in one end of the pool while a program is held in the other end. Please keep talking to a minimum. No swimming is allowed.
- **FAMILY SWIMS** are for adults (over 18) and families. Only children accompanied by an adult in the water.
- **C.C. SWIMS** are for children enrolled in Two Rivers YMCA child care programs.
- **WIMPS** is Western Illinois Masters Program Swimmers Club.
- For a list of pool policies, visit our website at [www.tworiversymca.org](http://www.tworiversymca.org) or ask our Aquatics staff.

\* **Lap lanes may vary due to class enrollment**