



June 1 - September 1, 2021 THERAPY POOL SCHEDULE UNION COUNTY FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
OPEN SWIM 5AM-8AM	OPEN SWIM 5AM-11AM	OPEN SWIM	OPEN SWIM 5AM-11AM	OPEN SWIM	OPEN SWIM 9AM-10:30AM		
ARTHRITIS 8AM-8:45AM		ARTHRITIS 8AM-8:45AM		ARTHRITIS 8AM-8:45AM			
OPEN SWIM 8:45AM-11AM	CLOSED 11AM-1PM	OPEN SWIM 8:45AM-11AM	CLOSED 11AM-1PM	OPEN SWIM 8:45AM-11AM	SWIM LESSONS 10:30AM-12PM		
CLOSED 11AM-1PM		CLOSED 11AM-1PM		CLOSED 11AM-1PM	OPEN SWIM 12PM-1PM		
MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM	CLOSED 1PM		OPEN SWIM 1PM-5PM
OPEN SWIM 4PM-5PM	OPEN SWIM 4PM-6PM	OPEN SWIM 4PM-5PM	OPEN SWIM 4PM-5PM	OPEN SWIM 4PM-8:45PM			CLOSED 5PM
ARTHRITIS 5PM-6PM		ARTHRITIS 5PM-6PM	ARTHRITIS 5PM-6PM				
OPEN SWIM 6PM-8:45PM	SWIM LESSONS 6PM-7PM	SWIM LESSONS 6PM-7:45PM	OPEN SWIM 6PM-8:45PM				
CLOSED 8:45PM	OPEN SWIM 7PM-8:45PM	OPEN SWIM 7:45PM-8:45PM	CLOSED 8:45PM				
CLOSED 8:45PM	CLOSED 8:45PM	CLOSED 8:45PM	CLOSED 8:45PM	CLOSED 8:45PM			

CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE OR TO NO NOTICE.

Open Swim is available to all members to utilize.

Therapy Pool is closed for open swim during group swim lessons.

These activities are instructor lead and the Therapy Pool is closed for open swim.

Therapy Pool is closed during Memorial Hospital Physical Therapy rental.



June 1 - September 1, 2021 LAP POOL SCHEDULE UNION COUNTY FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>OPEN SWIM 5AM-1PM</p> <p>SHALLOW AEROBICS 8:15AM-9:15AM (4 LANES)</p>	<p>OPEN SWIM 5AM-1PM</p> <p>DEEP WATER AEROBICS 9:30AM-10:30AM (4 LANES)</p>	<p>OPEN SWIM 5AM-1PM</p> <p>SHALLOW AEROBICS 8AM-9AM (4 LANES)</p>	<p>OPEN SWIM 5AM-1PM</p> <p>DEEP WATER AEROBICS 9:30AM-10:30AM (4 LANES)</p>	<p>OPEN SWIM 5AM-1PM</p>	<p>OPEN SWIM 7AM-1PM</p> <p>UCFY SWIM TEAM 9AM-11AM (3 LANES)</p>	<p>SYNCHRO SWIM TEAM 8:00AM-1:00PM (4 LANES)</p>
<p>CLOSED 1PM-4PM</p>	<p>CLOSED 1PM-4PM</p>	<p>CLOSED 1PM-4PM</p>	<p>CLOSED 1PM-4PM</p>	<p>CLOSED 1PM-4PM</p>	<p>SYNCHRO SWIM TEAM 1:00PM-6:00PM (4 LANES)</p>	<p>OPEN SWIM 12PM-5:45PM</p>
<p>OPEN SWIM 4PM-9PM</p> <p>UCY SWIM TEAM 4PM-8PM (5 LANES)</p> <p>3 LANES FOR OPEN SWIM</p>	<p>OPEN SWIM 4PM-9PM</p> <p>UCY SWIM TEAM 4PM-8PM (4 LANES)</p> <p>SWIM LESSONS 5PM-6PM 7PM-8PM</p> <p>2 LANES FOR OPEN SWIM</p>	<p>OPEN SWIM 4PM-9PM</p> <p>UCY SWIM TEAM 4PM-8PM (5 LANES)</p> <p>SWIM LESSONS 5PM-6PM 7PM-8PM</p> <p>1 LANE FOR OPEN SWIM</p>	<p>OPEN SWIM 4PM-9PM</p> <p>UCY SWIM TEAM 4PM-8PM (4 LANES)</p> <p>4 LANES FOR OPEN SWIM</p>	<p>OPEN SWIM 4PM-9PM</p> <p>UCY SWIM TEAM 4PM-8PM (5 LANES)</p> <p>3 LANES FOR OPEN SWIM</p>		

CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE OR TO NO NOTICE.

Open swim is for all ages. Lane availability varies.

These activities are instructor lead.

Swim Lessons utilize 2 lap lanes.

Union County Family YMCA Swim Team Practice utilizes 5 lap lanes.

Rental agreements.

To utilize the deep end, all swimmers younger than 12 years of age must take a swim test annually.

The swim test is as follows:

Enter water by jumping in and surfacing to the top.

Tread water for 60 seconds.

Swim the length of the pool consistently and unassisted showing a front crawl stroke.

Float on back showing the skills is efficient.