



April - July 2021 THERAPY POOL SCHEDULE UNION COUNTY FAMILY YMCA

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

*Private Swim Lessons and Group Swim Lessons are the only time youth are permitted in this pool.

Adult Open Swim is exercise based swimming for those 18 years and older.

Group Swim Lessons are closed for open swim.

These activities are instructor lead.

Memorial Hospital Physical Therapy rental.



April - July 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.