



THERAPY POOL SCHEDULE

UNION COUNTY FAMILY YMCA

January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM 5AM-8AM	OPEN SWIM 5AM-11AM	OPEN SWIM 5AM-8AM	OPEN SWIM 5AM-11AM	OPEN SWIM 5AM-8AM	OPEN SWIM 9AM-10:30AM	
ACTIVE AQUA WELLNESS 8AM-8:45AM		ACTIVE AQUA WELLNESS 8AM-8:45AM		ACTIVE AQUA WELLNESS 8AM-8:45AM	SWIM LESSONS 10:30AM-12PM	
OPEN SWIM 8:45AM-11AM		OPEN SWIM 8:45AM-11AM		OPEN SWIM 8:45AM-11AM	OPEN SWIM 12PM-1PM	
CLOSED 11AM-1PM	CLOSED 11AM-1PM	CLOSED 11AM-1PM	CLOSED 11AM-1PM	CLOSED 11AM-1PM	CLOSED 1PM	Hot Flow Yoga 12:15PM-1:15PM
MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM		Open Swim 1:15PM-6PM
OPEN SWIM 4PM-5PM	OPEN SWIM 4PM-6PM	OPEN SWIM 4PM-5PM	OPEN SWIM 4PM-5PM	OPEN SWIM 4PM-8:45PM		CLOSED 6PM
ACTIVE AQUA WELLNESS 5PM-6PM		ACTIVE AQUA WELLNESS 5PM-6PM	ACTIVE AQUA WELLNESS 5PM-6PM			
OPEN SWIM 6PM-8:45PM	SWIM LESSONS 6PM-7:10PM	SWIM LESSONS 6PM-7:10PM	OPEN SWIM 6PM-8:45PM			
	OPEN SWIM 7:10PM-8:45PM	OPEN SWIM 7:10PM-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. Please read over the pool facility age policy before use the Therapy Pool.

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

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

Therapy Pool is closed during Memorial Health Physical Therapy Rental.



LAP POOL SCHEDULE

UNION COUNTY FAMILY YMCA

January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>OPEN SWIM 5AM-1PM</p> <p>MORNING FITNESS 8:15AM-9:15AM (3 LANES)</p>	<p>OPEN SWIM 5AM-1PM</p> <p>DEEP WATER PUMP 9:30AM - 10:30AM (3 LANES)</p>	<p>OPEN SWIM 5AM-1PM</p> <p>MORNING FITNESS 8:15AM-9:15AM (3 LANES)</p>	<p>OPEN SWIM 5AM-1PM</p> <p>DEEP WATER PUMP 9:30AM - 10:30AM (3 LANES)</p>	<p>OPEN SWIM 5AM-1PM</p> <p>MORNING FITNESS 8:15AM-9:15AM (3 LANES)</p>	<p>OPEN SWIM 7AM-1PM</p> <p>UCFY SWIM TEAM 9AM-11AM (4 LANES)</p>	<p>SYNCHRO SWIM TEAM 8AM-3PM</p>
CLOSED 1PM-4PM	CLOSED 1PM-4PM	CLOSED 1PM-4PM	CLOSED 1PM-4PM	CLOSED 1PM-4PM	CLOSED 1PM	
<p>OPEN SWIM 4PM-8:45PM</p> <p>MHS and UCFY SWIM TEAM 4PM-8PM (6 LANES)</p> <p>2 LANES FOR OPEN SWIM</p>	<p>OPEN SWIM 4PM-8:45PM</p> <p>MHS and UCFY SWIM TEAM 4PM-8PM (4 LANES)</p> <p>SWIM LESSONS 5PM-6PM 7PM-8PM (2 LANES)</p> <p>1 LANE FOR OPEN SWIM</p>	<p>OPEN SWIM 4PM-8:45PM</p> <p>MHS and UCFY SWIM TEAM 4PM-8PM (6 LANES)</p> <p>SWIM LESSONS 5PM-6PM 7PM-8PM (2 LANES)</p> <p>1 LANE FOR OPEN SWIM Until 7pm</p>	<p>OPEN SWIM 4PM-8:45PM</p> <p>MHS and UCFY SWIM TEAM 4PM-8PM (4 LANES)</p> <p>3 LANES FOR OPEN SWIM</p>	<p>OPEN SWIM 4PM-8:45PM</p> <p>MHS and UCFY SWIM TEAM 4PM-8PM (6 LANES)</p> <p>2 LANES FOR OPEN SWIM</p>		<p>Open Swim 12PM-6PM</p> <p>CLOSED 6PM</p>
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. Please read over the pool facility age policy before use the Therapy Pool. Lane availability varies.

These activities are instructor led.

Swim Lessons utilize 2 lap lanes.

Rental agreements.

Union County Family YMCA Swim Team Practice utilizes up to 6 lap lanes.

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.