



# THERAPY POOL SCHEDULE

## UNION COUNTY FAMILY YMCA

### January 2023 - March 2023

| MONDAY                                | TUESDAY                        | WEDNESDAY                             | THURSDAY                           | FRIDAY                                | SATURDAY                    | SUNDAY                          |
|---------------------------------------|--------------------------------|---------------------------------------|------------------------------------|---------------------------------------|-----------------------------|---------------------------------|
| OPEN SWIM<br>5AM-8AM                  | OPEN SWIM<br>5AM-11AM          | OPEN SWIM<br>5AM-8AM                  | OPEN SWIM<br>5AM-11AM              | OPEN SWIM<br>5AM-8AM                  | OPEN SWIM<br>7AM-9AM        |                                 |
| ACTIVE AQUA<br>WELLNESS<br>8AM-8:45AM |                                | ACTIVE AQUA<br>WELLNESS<br>8AM-8:45AM |                                    | ACTIVE AQUA<br>WELLNESS<br>8AM-8:45AM | SWIM LESSONS<br>9AM-12:10PM |                                 |
| OPEN SWIM<br>8:45AM-11AM              |                                | OPEN SWIM<br>8:45AM-11AM              |                                    | OPEN SWIM<br>8:45AM-11AM              | OPEN SWIM<br>12:10PM-1PM    |                                 |
| CLOSED<br>11AM-1PM                    | CLOSED<br>11AM-1PM             | CLOSED<br>11AM-1PM                    | CLOSED<br>11AM-1PM                 | CLOSED<br>11AM-1PM                    | CLOSED<br>1PM               | HOT FLOW<br>YOGA<br>12PM-1:30PM |
| MEMORIAL<br>HEALTH<br>1PM-4PM         | MEMORIAL<br>HEALTH<br>1PM-4PM  | MEMORIAL<br>HEALTH<br>1PM-4PM         | MEMORIAL<br>HEALTH<br>1PM-4PM      | MEMORIAL<br>HEALTH<br>1PM-4PM         |                             | Open Swim<br>1:30PM-6PM         |
| OPEN SWIM<br>4PM-5PM                  | OPEN SWIM<br>4PM-6PM           | OPEN SWIM<br>4PM-5PM                  | OPEN SWIM<br>4PM-5PM               | OPEN SWIM<br>4PM-8:45PM               |                             |                                 |
| ACTIVE AQUA<br>WELLNESS<br>5PM-6PM    |                                | ACTIVE AQUA<br>WELLNESS<br>5PM-6PM    | ACTIVE AQUA<br>WELLNESS<br>5PM-6PM |                                       |                             | CLOSED<br>6PM                   |
| OPEN SWIM<br>6PM-8:45PM               | SWIM<br>LESSONS<br>6PM-7:35PM  | SWIM<br>LESSONS<br>6PM-7:35PM         | OPEN SWIM<br>6PM-8:45PM            |                                       |                             |                                 |
|                                       | OPEN SWIM<br>7:35PM-<br>8:45PM | OPEN SWIM<br>7:35PM-<br>8:45PM        |                                    |                                       |                             |                                 |
| CLOSED<br>8:45PM                      | CLOSED<br>8:45PM               | CLOSED<br>8:45PM                      | CLOSED<br>8:45PM                   | CLOSED<br>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 2023 - March 2023

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY   |
|---|--|--|---|---|--|--|
| <p><b>OPEN SWIM</b><br/>5AM-1PM</p> <p>MORNING FITNESS<br/>8:15AM-9:15AM<br/>(3 LANES)</p>  | <p><b>OPEN SWIM</b><br/>5AM-1PM</p> <p>DEEP WATER PUMP<br/>9:30AM - 10:30AM<br/>(4 LANES)</p>  | <p><b>OPEN SWIM</b><br/>5AM-1PM</p> <p>MORNING FITNESS<br/>8AM-9AM<br/>(3 LANES)</p>   | <p><b>OPEN SWIM</b><br/>5AM-1PM</p> <p>DEEP WATER PUMP<br/>9:30AM - 10:30AM<br/>(4 LANES)</p>   | <p><b>OPEN SWIM</b><br/>5AM-1PM</p> <p>MORNING FITNESS<br/>8AM-9AM<br/>(3 LANES)</p>  | <p><b>OPEN SWIM</b><br/>7AM-1PM</p> <p>SWIM LESSONS<br/>9AM-10:30AM<br/>(2 LANES)</p>                          | <p>SYNCHRO SWIM TEAM<br/>8AM-2:30PM</p> <p>4 LANES FOR OPEN SWIM</p> |
| <b>CLOSED</b><br>1PM-4PM  | <b>CLOSED</b><br>1PM-4PM   | <b>CLOSED</b><br>1PM-4PM   | <b>CLOSED</b><br>1PM-4PM  | <b>CLOSED</b><br>1PM-4PM  | <b>CLOSED</b> 1PM  |  |
| <p><b>OPEN SWIM</b><br/>4PM-8:45PM</p> <p>MHS SWIM TEAM<br/>4PM-5:30PM<br/>(6 LANES)</p> <p>UCFY SWIM TEAM<br/>5:30PM-8:45PM<br/>(5 LANES)</p> <p>2-3 LANES FOR OPEN SWIM</p> | <p><b>OPEN SWIM</b><br/>4PM-8:45PM</p> <p>MHS SWIM TEAM<br/>4PM-5:30PM<br/>(6 LANES)</p> <p>UCFY SWIM TEAM<br/>5:30PM-8:45PM<br/>(5 LANES)</p> <p>SWIM LESSONS<br/>5PM-6PM<br/>7PM-8PM<br/>(2 LANES)</p> <p>1 LANE FOR OPEN SWIM<br/>Until 8pm</p> | <p><b>OPEN SWIM</b><br/>4PM-8:45PM</p> <p>MHS SWIM TEAM<br/>4PM-5:30PM<br/>(6 LANES)</p> <p>UCFY SWIM TEAM<br/>5:30PM-8:45PM<br/>(5 LANES)</p> <p>SWIM LESSONS<br/>5PM-6PM<br/>7PM-8PM<br/>(2 LANES)</p> <p>1 LANE FOR OPEN SWIM<br/>Until 8pm</p> | <p><b>OPEN SWIM</b><br/>4PM-8:45PM</p> <p>MHS SWIM TEAM<br/>4PM-5:30PM<br/>(6 LANES)</p> <p>UCFY SWIM TEAM<br/>5:30PM-8:45PM<br/>(5 LANES)</p> <p>2-3 LANES FOR OPEN SWIM</p> | <p><b>OPEN SWIM</b><br/>4PM-8:45PM</p> <p>MHS SWIM TEAM<br/>4PM-5:30PM<br/>(6 LANES)</p> <p>UCFY SWIM TEAM<br/>5:30PM-8:45PM<br/>(5 LANES)</p> <p>2-3 LANES FOR OPEN SWIM</p> | <p>SPECIAL OLYMPICS<br/>3:30PM-4:30PM<br/>(3 LANES)</p> <p>Open Swim<br/>12PM-6PM</p> <p><b>CLOSED</b> 6PM</p> |  |
| <b>CLOSED</b><br>8:45PM   | <b>CLOSED</b><br>8:45PM  | <b>CLOSED</b><br>8:45PM  | <b>CLOSED</b><br>8:45PM   | <b>CLOSED</b><br>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.



