



THERAPY POOL SCHEDULE

UNION COUNTY FAMILY YMCA

January 1- March 31, 2025

| 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 7AM-9AM | |
| ACTIVE AQUA WELLNESS 8AM-8:45AM | | ACTIVE AQUA WELLNESS 8AM-8:45AM | | ACTIVE AQUA WELLNESS 8AM-8:45AM | SWIM LESSONS 10:30AM -12:10PM | |
| OPEN SWIM 8:45AM-11AM | | OPEN SWIM 8:45AM-11AM | | OPEN SWIM 8:45AM-11AM | OPEN SWIM 12:10PM-12:45PM | |
| CLOSED 11AM-1PM | CLOSED 11AM-1PM | CLOSED 11AM-1PM | CLOSED 11AM-1PM | CLOSED 11AM-4PM | CLOSED 12:45PM | HOT FLOW YOGA 12PM-1:30PM |
| MEMORIAL HEALTH 1PM-4PM | MEMORIAL HEALTH 1PM-4PM | MEMORIAL HEALTH 1PM-4PM | MEMORIAL HEALTH 1PM-4PM | | OPEN SWIM 4PM-8:45PM | |
| OPEN SWIM 4PM-5PM | OPEN SWIM 4PM-6PM | OPEN SWIM 4PM-5PM | OPEN SWIM 4PM-5PM | | | |
| ACTIVE AQUA WELLNESS 5PM-6PM | | ACTIVE AQUA WELLNESS 5PM-6PM | ACTIVE AQUA WELLNESS 5PM-6PM | CLOSED 5:45PM | | |
| OPEN SWIM 6PM-8:45PM | SWIM LESSONS 6PM-7:35PM | SWIM LESSONS 6PM-7:35PM | OPEN SWIM 6PM-8:45PM | CLOSED 8:45PM | | |
| | OPEN SWIM 7:35PM- 8:45PM | OPEN SWIM 7:35PM- 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 1 - March 31, 2025

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

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.