



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

## YMCA OF NATRONA COUNTY

### Pool Schedule

#### Winter

Schedule Begins September 9 and is subject to change

#### Lap Lanes

Unless otherwise listed, 2 lap lanes are available throughout the day.

#### Lap Swimming Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool.

#### Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

#### Speed

Please try to choose a lane with swimmers that most nearly match your speed.

#### Questions/Feedback

Contact  
Stephanie Clark-Sleep,  
Aquatics Director  
307-234-9187

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-8am Lap Swim (all lanes)	5:30-8am Lap Swim (all lanes)	5:30-8am Lap Swim (all lanes)	5:30-8am Lap Swim (all lanes)	5:30-8am Lap Swim (all lanes)	5:30-8am Lap Swim (all lanes)
8-9am Shallow Water Exercise	8-9am Shallow Water Exercise	8-9am Shallow Water Exercise	8-9am Shallow Water Exercise	8-9am Shallow Water Exercise	8-9am Shallow Water Exercise
9-10am Deep Water Exercise	9-10am Deep Water Exercise	9-10am Deep Water Exercise	9-10am Deep Water Exercise	9-10am Deep Water Exercise	9-10am Deep Water Exercise
10-11am Lap Swim (all lanes)	10-11am Lap Swim (all lanes)	10-11am Lap Swim (all lanes)	10-11am Lap Swim (all lanes)	10-11am Lap Swim (all lanes)	10-11am Lap Swim (all lanes)
11am-12pm Therapy Exercise	11am-1pm Lap Swim (all lanes)	11am-12pm Therapy Exercise	11am-1pm Lap Swim (all lanes)	11am-1pm Lap Swim (all lanes)	11am-12pm Therapy Exercise
12-1pm Lap Swim (all lanes)		12-1pm Lap Swim (all lanes)			12-1pm Lap Swim (all lanes)
1-2pm Senior Swim	1-2pm Senior Swim	1-2pm Senior Swim	1-2pm Senior Swim	1-2pm Senior Swim	1-2pm Senior Swim
2-4:15pm Open Swim	2-4:15pm Open Swim	2-4:15pm Open Swim	2-4:15pm Open Swim	2-4:15pm Open Swim	2-5:50pm Open Swim (Building Closes at 6pm)
4:15-6pm Swim Lessons (Closed to Public)	4:15-6pm Swim Lessons (Closed to Public)	4:15-6pm Swim Lessons (Closed to Public)	4:15-6pm Swim Lessons (Closed to Public)	4:15-6pm Swim Lessons (Closed to Public)	
6-7pm Water Exercise	6-7pm Bariatric Exercise	6-7pm Water Exercise	6-7pm Water Exercise	6-7pm Water Exercise	
7-7:50pm Open Swim (Building Closes at 8pm)	7-7:50pm Open Swim (Building Closes at 8pm)	7-7:50pm Open Swim (Building Closes at 8pm)	7-7:50pm Open Swim (Building Closes at 8pm)	7-7:50pm Open Swim (Building Closes at 8pm)	

NCHS uses 2 lanes of the pool at the following times when school is in session:  
M-F 8:20-9:35am, 12:25-1:45pm & 2:00-3:10pm

### YMCA of Natrona County

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Updated 09/19