



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

POOL SCHEDULE

YMCA OF NATRONA COUNTY

IMPORTANT INFO

Your aquatics team is disinfecting all high touch surfaces every hour and disinfecting all equipment regularly to keep you safe.

All swimmers are required to call ahead and make a lane reservation. Reservations can be made up to 48 hours in advance. Reservations are for 1 hour. There will be no lane sharing outside of family groups.

Swim lesson registration is limited at this time. Our swim lesson calendar can be found online or at the front desk.

Check out our new aquatics fitness classes!

Questions/Feedback
Contact
Stephanie Clark-Sleep,
Aquatics Director
307-234-9187

	Monday	Tuesday	Wednesday	Thursday	Friday
	5:30-8am Lap Swim	5:30-8am Lap Swim	5:30-8am Lap Swim	5:30-8am Lap Swim	5:30-8am Lap Swim
	8-9am Shallow Water Exercise Mary	8-9am Lap Swim	8-9am Shallow Water Exercise Mary	8-9am Lap Swim	8-9am Shallow Water Exercise Mary
	9-10am Deep Water Exercise Jessica	9-10am Lap Swim	9-10am Deep Water Exercise Jessica	9-10am Lap Swim	9-10am Deep Water Exercise Jessica
	10-11am Lap Swim	10-11am Lap Swim	10-11am Lap Swim	10-11am Lap Swim	10-11am Lap Swim
	11-12 Open Swim 2 lanes Lap swim 1 lane	11-12 Open Swim 2 lanes Lap swim 1 lane	11-12 Open Swim 2 lanes Lap swim 1 lane	11-12 Open Swim 2 lanes Lap swim 1 lane	11-12 Open Swim 2 lanes Lap swim 1 lane
	12-1pm Lap swim	12-1pm Lap swim	12-1pm Lap swim	12-1pm Lap swim	12-1pm Lap swim
	1-2 Closed to Disinfect Facility	1-2 Closed to Disinfect Facility	1-2 Closed to Disinfect Facility	1-2 Closed to Disinfect Facility	1-2 Closed to Disinfect Facility
	3-4 pm Lap swim	3-4 pm Home school lessons Lap swim 2 lanes	3-4 pm Lap swim	3-4 pm Lap swim	3-4 pm Lap swim
	4-6pm Swim Lessons 2 lanes available	4-6pm Swim Lessons 2 lanes available	4-6pm Swim Lessons 2 lanes available	4-6pm Swim Lessons 2 lanes available	4-6 Open Swim 2 lanes Lap swim 1 lane
	6-7pm Aqu HIIT with Mary (2 lanes lap swim)	6-7pm Aqu HIIT with Mary (2 lanes lap swim)	6-7pm Aqu HIIT with Mary (2 lanes lap swim)	6-7pm Aqu HIIT with Mary (2 lanes lap swim)	6-7 Open swim 2 lanes Lap swim 1 lane

YMCA of Natrona County

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