



NORTH FAMILY YMCA Summer POOL SCHEDULE

LAP SWIM

Day	Times	Lanes	Lanes
Mondays	5:00a-7:00a	6	Lanes
	7:00a - 8:30a	2	Lanes
	8:30a-10:00a	6	Lanes
	10:00a-11:35a	3	Lanes
	12pm - 5:00pm	6	Lanes
	5:00p-6:00p	2	Lanes
	6:00p - 8:30p	6	Lanes
Tuesdays	5:00a-7:00a	6	Lanes
	7:00a - 8:30a	2	Lanes
	8:30a-10:00a	6	Lanes
	10:00a-11:35a	3	Lanes
	12pm - 5:00pm	6	Lanes
	5:00p-6:00p	2	Lanes
	6:00p - 8:30p	6	Lanes
Wednesdays	5:00a-7:00a	6	Lanes
	7:00a - 8:30a	2	Lanes
	8:30a-10:00a	6	Lanes
	10:00a-11:35a	3	Lanes
	12pm - 5:00pm	6	Lanes
	5:00p-6:00p	2	Lanes
	6:00p - 8:30p	6	Lanes
Thursdays	5:00a-7:00a	6	Lanes
	7:00a - 8:30a	2	Lanes
	8:30a-10:00a	6	Lanes
	10:00a-11:35a	3	Lanes
	12pm - 5:00pm	6	Lanes
	5:00p-6:00p	2	Lanes
	6:00p - 8:30p	6	Lanes
Friday	5:00a-7:00a	6	Lanes
	7:00a - 8:30a	2	Lanes
	8:30a-10:00a	6	Lanes
	10:00a-12:00p	6	Lanes
	12pm - 5:00pm	6	Lanes
	5:00p-6:00p	2	Lanes
	6:00p - 7:30p	6	Lanes
Saturday	6:00a-10:00a	6	Lanes
	10:00a-11:30a	5	Lanes
	11:30a-4:30p	6	Lanes
Sundays	8:30a-3:30p	6	Lanes

Lap Lanes

Must swim laps - water walks in the North Lane by Lifeguard

All lap lanes must circle swim & share

Hot tub is cleaned Wednesdays at 9:15am

Open Swim: Must pass swim test of front swim 25 yards front swim back to start point to swim in deep end.

OPEN SWIM

Day	Times
Monday	5am - 5pm & 6pm - 8:30pm
Tuesday	5am - 5pm & 6pm - 8:30pm
Wednesday	5am - 5pm & 6pm - 8:30pm
Thursday	5am - 5pm & 6pm - 8:30pm
Friday	5am - 5pm & 6pm - 8:30pm
Saturday	6:00a-10:00a
	11:35a-4:30p
Sunday	7:30a-3:30p

DRAGONS YOUTH SWIM TEAM

Developmental & Bronze	M/W/F	7a - 8a & 5p - 6p
Silver & Gold	M-F	7a - 8a & 5p - 6p
Senior	M-Th	7a - 8:15a & 5p - 6p
	F	7a - 8:15a & 5p - 6p
Platinum and Elite	M-Th	7a - 8:30a & 5p - 6p
	F	7a - 8:30a & 5p - 6p

FREE tryouts scheduled by appointment

Swim Meets

YMCA Dragons Swim Meet	June 15th, 2024	12pm - Close

Aqua Aerobics Class

Wednesday, Thursday and Friday	9 am - 9:45am
Saturday	7:30am - 8:15am

All Swim MEETS*

The North Pool, Sauna, Hot Tub and Steam Room will be closed during any North High School and YMCA Dragons Swim Meets