



# North Scott Pool Hours

## September-October 2024

COMPETITION POOL	
MONDAY	
5:15a-7:15a	NSHS Practice - 3 Lanes
7:15a-3:40p	Open Lap Swim
3:40p-5:30p	NSHS Practice - 3 Lanes
5:15p-8:00p	Otters Practice - 4-5 Lanes
8:00p-9:30p	Open Lap Swim
TUESDAY	
5:00a-5:15p	Open Lap Swim
5:15p-7:30p	Otters Practice - 4-5 Lanes
7:30p-9:30p	Open Lap Swim
WEDNESDAY	
5:00a-3:40p	Open Lap Swim
3:40p-5:30p	NSHS Practice - 3 Lanes
5:15p-8:00p	Otters Practice - 4-5 Lanes
8:00p-9:30p	Open Lap Swim
THURSDAY	
5:00a-3:40p	Open Lap Swim/
3:40p-5:30p	NSHS Practice - 3 Lanes
5:15p-7:30p	Otters Practice - 4-5 Lanes
7:30p-9:30p	Open Lap Swim
FRIDAY	
5:15a-7:15a	NSHS Practice - 3 Lanes
7:15a-3:40p	Open Lap Swim
3:40p-5:30p	NSHS Practice - 3 Lanes
5:15p-8:00p	Otters Practice - 4-5 Lanes
8:00p-8:30p	Open Lap Swim
SATURDAY	
6:00a-8:00a	Open Lap Swim
8:00a-10:15a	Otters Practice - 3-4 Lanes
10:15a-5:30p	Open Lap Swim
SUNDAY	
7:00a-4:30p	Open Lap Swim
SPLASH PAD	
MONDAY-THURSDAY	
12:00p-9:30p	Family Open Swim
FRIDAY	
12:00p-8:30p	Family Open Swim
SATURDAY	
10:00a-4:30p	Family Open Swim
SUNDAY	
10:00a-4:30p	Family Open Swim

LEISURE POOL	
MONDAY/WEDNESDAY	
5:00a-6:45a	Adult Exercise Open Swim
6:45a-7:45a	Aqua Challenge with Pat
7:45a-10:15a	Adult Exercise Open Swim
11:00p-9:30p	Family Open Swim
4:30p-7:15p	Swim Lessons   Deep End Only
TUESDAY	
5:00a-12:00p	Adult Exercise Open Swim
6:05a-6:30a	Power Shred with Heather   Limited Space
11:00a-12:00p	Aquafit with Mary Anne   Limited Space
12:00p-9:30p	Family Open Swim
4:30p-7:15p	Swim Lessons   Deep End Only
WEDNESDAY	
5:00a-6:45a	Adult Exercise Open Swim
6:45a-7:45a	Aqua Challenge with Pat
7:45a-10:15a	Adult Exercise Open Swim
11:00p-9:30p	Family Open Swim
THURSDAY	
5:00a-12:00p	Adult Exercise Open Swim
5:15a-6:00a	Water Shred with Heather   Limited Space
8:30a-9:30a	Water Aerobics with Bonita   Limited Space
11:00a-12:00p	Aquafit with Mary Anne   Limited Space
12:00p-9:30p	Family Open Swim
4:30p-7:15p	Swim Lessons   Deep End Only
FRIDAY	
5:00a-12:00p	Adult Exercise Open Swim
6:05a-6:30a	Power Shred with Heather   Limited Space
6:45a-7:45a	Aqua Challenge with Pat
7:45a-10:15a	Adult Exercise Open Swim
12:00p-8:30p	Family Open Swim
SATURDAY	
6:00a-10:00a	Adult Exercise Open Swim
8:00a-9:00a	Aqua Challenge with Nancy
9:00a-11:45a	Swim Lessons   Deep End Only
10:00a-5:30p	Family Open Swim
SUNDAY	
7:00a-10:00a	Adult Exercise Open Swim
10:00a-4:30p	Family Open Swim
DUE TO PROGRAM AND FACILITY NEEDS	
Next Lifeguarding Class: September 20-22, 2024	
<b>Swim Lessons:</b>	Register online or @ front desk
<b>Lifeguarding:</b>	Submit job application online

Email: [oeiceser@ymcaimv.org](mailto:oeiceser@ymcaimv.org) for more information

