



North Scott YMCA Competition Pool Schedule

MON	TUES	WED	THUR	FRI	SAT	SUN
NS High School Swim Practice (4 Lanes) 5:30 am - 7:00 am		NS High School Swim Practice (4 Lanes) 5:30 am - 7:00 am		Member Open & Lap Swim 5:00 am - 1:40 pm		
Member Open & Lap Swim 5:00 am - 3:40 pm	Member Open & Lap Swim 5:00 am - 3:40 pm	Member Open & Lap Swim 5:00 am - 3:40 pm	Member Open & Lap Swim 5:00 am - 3:40 pm			
NS High School Swim Practice (4 Lanes) 3:40 pm - 5:30 pm	NS High School Swim Practice (4 Lanes) 3:40 pm - 5:30 pm	NS High School Swim Practice (4 Lanes) 3:40 pm - 5:30 pm	NS High School Swim Practice (4 Lanes) 3:40 pm - 5:30 pm	NS High School Swim Practice (4 Lanes) 1:40 pm - 3:10 pm	Member Open & Lap Swim 6:30 am - 4:30 pm	Member Open & Lap Swim 7:30 am - 3:30 pm
River Otter Swim Practice (5 Lanes) 5:30 pm - 7:30 pm	River Otter Swim Practice (5 Lanes) 5:30 pm - 7:30 pm	River Otter Swim Practice (5 Lanes) 5:30 pm - 7:30 pm	River Otter Swim Practice (5 Lanes) 5:30 pm - 7:30 pm	Member Open & Lap Swim 3:10 pm - 5:30 pm		
Member Open & Lap Swim 7:30 pm - 8:30 pm	Member Open & Lap Swim 7:30 pm - 8:30 pm	Member Open & Lap Swim 7:30 pm - 8:30 pm	Member Open & Lap Swim 7:30 pm - 8:30 pm	River Otter Swim Practice (5 Lanes) 5:30 pm - 7:30 pm		

Note: This schedule is subject to change at the discretion of the YMCA.



North Scott YMCA Leisure Pool Schedule

MON	TUES	WED	THUR	FRI	SAT	SUN
Member Open & Lap Swim 5:00 am - 5:00 pm YMCA Swim Lessons 5:00 pm - 5:45 pm Member Open & Lap Swim 5:45 pm - 8:30 pm	Member Open & Lap Swim 5:00 am - 6:05 am Aqua Cardio with Heather 6:05am - 6:30 am Member Open & Lap Swim 6:30 am - 11:00 am Aquafit with Mary Ann 11:00 am - 12:00 pm Member Open & Lap Swim 12:00 pm - 8:30 pm	Member Open & Lap Swim 5:00 am - 5:00 pm YMCA Swim Lessons 5:00 pm - 5:45 pm Member Open & Lap Swim 5:45 pm - 8:30 pm	Member Open & Lap Swim 5:00 am - 5:15 am Water Shred with Heather 5:15 am - 6:00 am Member Open & Lap Swim 6:00 am - 8:30 am Water Aerobics with Bonita 8:30 am - 9:30 am Member Open Swim 9:30 am - 11:00 am Aquafit with Mary Ann 11:00 am - 12:00 pm Member Open & Lap Swim 12:00 pm - 8:30 pm	Member Open & Lap Swim 5:00 am - 6:05 am Aqua Core & Cardio Deep with Heather 6:05am - 6:30 am Member Open & Lap Swim 6:30 am - 7:30 pm	Member Open & Lap Swim 6:30 am - 10:00 am YMCA Swim Lessons 10:00 am - 11:45 am Member Open & Lap Swim 11:45 am - 4:30 pm	Member Open & Lap Swim 7:30 am - 3:30 pm

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