



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) 1:40 pm - 3:10 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	Member Open & Lap Swim 3:10 pm - 5:30 pm	Member Open & Lap Swim 6:30 am - 5:30 pm	Member Open & Lap Swim 8:30 am - 4:30 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	River Otter Swim Practice (5 Lanes) 5:30 pm - 7:30 pm		
Member Open & Lap Swim 7:30 pm - 9:30 pm	Member Open & Lap Swim 7:30 pm - 9:30 pm	Member Open & Lap Swim 7:30 pm - 9:30 pm	Member Open & Lap Swim 7:30 pm - 9:30 pm	Member Open & Lap Swim 7:30 pm - 8:30 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	Member Open & Lap Swim 5:00 am - 6:05 am	Member Open & Lap Swim 5:00 am - 5:00 pm	Member Open & Lap Swim 5:00 am - 5:15 am	Member Open & Lap Swim 5:00 am - 6:05 am	Member Open & Lap Swim 6:30 am - 10:00 am	Member Open & Lap Swim 8:30 am - 4:30 pm	
	Aqua Cardio with Heather 6:05am - 6:30 am		Water Shred with Heather 5:15 am - 6:00 am	Aqua Core & Cardio Deep with Heather 6:05am - 6:30 am	YMCA Swim Lessons 10:00 am - 11:45 am		
	Member Open & Lap Swim 6:30 am - 11:00 am		Member Open & Lap Swim 6:00 am - 8:30 am				
	Aquafit with Mary Ann 11:00 am - 12:00 pm		Water Aerobics with Bonita 8:30 am - 9:30 am	Member Open Swim 9:30 am - 11:00 am	Member Open & Lap Swim 6:30 am - 8:30 pm		Member Open & Lap Swim 11:45 am - 5:30 pm
			Aquafit with Mary Ann 11:00 am - 12:00 pm				
YMCA Swim Lessons 5:00 pm - 5:45 pm	Member Open & Lap Swim 12:00 pm - 9:30 pm	YMCA Swim Lessons 5:00 pm - 5:45 pm	Member Open & Lap Swim 12:00 pm - 9:30 pm				
Member Open & Lap Swim 5:45 pm - 9:30 pm		Member Open & Lap Swim 5:45 pm - 9:30 pm					

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