North Scott YMCA
Competition Pool Schedule

MON	TUES	WED	THUR	FRI	SAT	SUN
NS High School Swim Practice (5 Lanes) 6:00 am - 7:30 am		**NS High School Swim Practice** (5 Lanes) 6:00 am - 7:30 am		**NS High School Swim Practice** (5 Lanes) 6:00 am - 7:30 am	**NS High School Swim Practice** (5 Lanes) 7:00 am - 9:00 am	
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	**Member Open & Lap Swim** 5:00 am - 5:30 pm	**Member Open & Lap Swim** 6:30 am - 5:30 pm	**Member Open & Lap Swim** 8:30 am - 4:30 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) 3:40 pm - 5:30 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.

Rev. 8-8-24

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			
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	**Aquafit with Mary Ann** 11:00 am – 12:00 pm	**Member Open & Lap Swim** 6:30 am – 8:30 pm	**Member Open & Lap Swim** 11:45 am – 5:30 pm	
Member Open & Lap Swim 5:45 pm – 9:30 pm		**Member Open & Lap Swim** 5:45 pm – 9:30 pm	**Member Open & Lap Swim** 12:00 pm – 9:30 pm			

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