



LAP POOL

NUMBER SHOWN REPRESENTS
NUMBER OF OPEN LANES

White Space = Open Swim
SL = Swim Lessons; WF = Water Fitness

	M	T	W	TH	F	SA	SU
5:30 – 6:00	6	6	6	6	6		
6:00 – 6:30	6	6	6	6	6	6	
6:30 – 7:00	6	3	6	3	6	6	
7:00 – 7:30	6	3	6	3	6	2	
7:30 – 8:00	6	3	6	5	4	2	
8:00 – 8:30	6	3	6	5	3	2	6
8:30 – 9:00	6	3	6	5	3	2	3
9:00 – 9:30	6	3	6	5	5	X	3
9:30 – 10:00	X	X	X	5	5	X	4
10:00 – 10:30	X	X	X	5	5	X	4
10:30 – 11:00	X	X	X	5	5	X	4
11:00 – 11:30	X	X	X	5	5	X	4
11:30 – 12:00	X	X	X	5	5	X	4
12:00 – 12:30	X	X	X	5	5	X	4
12:30 – 1:05	X	X	X	5	5	2	4
1:00 – 1:30	5	5	5	5	5	4	4
1:30 – 2:00	5	5	5	X	5	4	4
2:00 – 2:30	5	5	5	X	5	4	4
2:30 – 3:00	5	5	5	X	5	4	4
3:00 – 3:30	5	5	5	X	5	4	4
3:30 – 4:00	5	5	5	X	5	4	4
4:00 – 4:30	5	5	5	5	4	4	4
4:30 – 5:00	X	5	x	5	3	4	4
5:00 – 5:30	x	5	x	5	3	4	4
5:30 – 6:00	X	5	x	5	5		
6:00 – 6:30	X	5	2	6	5		
6:30 – 7:00	X	3	2	6	3		
7:00 – 7:15	X	3	2	6	3		
7:15 – 8:00	5	6	3	6	6		
8:00 – 8:30	6	6	3	6	6		

	M	T	W	TH	F	SA	SU
5:30 – 6:00	LAP	LAP		LAP			
6:00 – 6:30					LAP		
6:30 – 7:00				WF		LAP	
7:00 – 7:30	LAP	WF	LAP				
7:30 – 8:00		WF					
8:00 – 8:30					WF		
8:30 – 9:00							WF
9:00 – 9:30		LAP					
9:30 – 10:00							
10:00 – 10:30							
10:30 – 11:00				LAP			
11:00 – 11:30							
11:30 – 12:00							
12:00 – 12:30							
12:30 – 1:00					LAP		
1:00 – 1:30							
1:30 – 2:00							
2:00 – 2:30							
2:30 – 3:00			LAP				
3:00 – 3:30							
3:30 – 4:00	LAP	Lap					
4:00 – 4:30							
4:30 – 5:00							
5:00 – 5:30						LAP	
5:30 – 6:00	SL		SL				
6:00 – 6:30							
6:30 – 7:00		WF			WF		
7:00 – 7:15				LAP			
7:15 – 8:00	LAP	LAP	WF		LAP		
8:00 – 8:30							

POOL SCHEDULE

AUGUST

NORTHWEST FAMILY YMCA

8040 River Road

Baldwinsville

315-303-5966

THERAPY POOL

ACTIVITY POOL

White Space = Open Swim; SL = Swim Lessons
X = Closed; WF = Water Fitness

TIME	M	T	W	TH	F	SA	SU
5:30 – 6:00	X	X	X	X	X		
6:00 – 6:30	X	X	X	X	X	X	
6:30 – 7:00	X	X	X	X	X	X	
7:00 – 7:30	X	X	X	X	X	X	
7:30 – 8:00						x	
8:00 – 8:30							X
8:30 – 9:00	WF						
9:00 – 9:30				WF			
9:30 – 10:10							
10:10 – 10:30					WF	SL	
10:30 – 11:00	WF	WF					
11:00 – 11:30							
11:30 – 12:00	SL						
12:00 – 12:30							
12:30 – 1:00							
1:00 – 1:30							
1:30 – 2:00							
2:00 – 2:30							
2:30 – 3:00							
3:00 – 3:30							
3:30 – 4:00							
4:00 – 4:30							
4:30 – 5:00							
5:00 – 5:30							
5:30 – 6:00	SL		SL				
6:00 – 6:30							
6:30-7:00							
7:00-7:15							
7:15-8:00							
8:00 – 8:30	WF						

Water Walking

Lazy River open for water walking or jogging only

Monday 10:15-11:30am
7:15-8:30pm

Wednesday 10:15-11:30am
6:00-6:30pm

Thursday 7:15-8:30pm

Friday 8:30-11:30am

Activity Pool

Open with activities and Lazy River

Tuesday 5:00-7:30pm

Thursday 4:00-6:00pm

Friday 5:00 - 7:00pm

Saturday 1:00 - 3:00pm

Sunday 9:00am - 12:45pm
3:00-5:00pm

Our weekly deep cleaning takes place on Thursdays from 1:30pm-4:00pm

One lane of the pool for private lessons, water fitness, jumping in etc.