

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	6	6	2	
8:00 – 8:30	6	3	6	6	6	2	6
8:30 – 9:00	6	3	6	6	6	2	3
9:00 – 9:30	6	3	6	6	6	X	3
9:30 – 10:00	6	4	6	6	6	X	6
10:00 – 10:30	6	4	6	6	6	X	6
10:30 – 11:00	6	6	6	6	6	X	6
11:00 – 11:30	6	6	6	6	6	X	6
11:30 – 12:00	6	6	6	6	6	X	6
12:00 – 12:30	6	6	6	6	6	X	6
12:30 – 1:05	6	6	6	6	6	2	6
1:00 – 1:30	6	6	6	6	6	6	6
1:30 – 2:00	6	6	6	x	6	6	6
2:00 – 2:30	6	6	6	X	6	6	6
2:30 – 3:00	6	6	6	X	6	6	6
3:00 – 3:30	3	3	3	X	3	6	6
3:30 – 4:00	3	3	3	X	3	6	6
4:00 – 4:30	3	3	3	3	3	6	6
4:30 – 5:00	X	3	x	3	x	6	6
5:00 – 5:30	x	5	x	5	3	6	6
5:30 – 6:00	X	5	x	5	5		
6:00 – 6:30	X	5	2	5	5		
6:30 – 7:00	X	3	2	5	3		
7:00 – 7:15	X	3	2	5	3		
7:15 – 8:00	5	5	3	3	5		
8:00 – 8:30	5	5	3	3	6		

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

OCTOBER

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							
9:00 – 9:30				WF			
9:30 – 10:10		WF			WF		
10:10 – 10:30	WF		WF			SL	
10:30 – 11:00							
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	WF						
8:00 - 8:30							

Water Walking

Lazy River open for water walking or jogging only

Monday 9:15-11:30am
7:15-8:30pm

Wednesday 9:15-11:30am
6:30-8:30pm

Thursday 9:30-11:30am
7:15-8:30pm

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 annual aquatics shutdown will begin 10/24. Friday 10/24 the activity pool will be closed. The rest of the aquatics center will close on 10/25 at 12:30pm and will reopen 11/1 at 6am.

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

Baldwinsville Modified swim team
 will be using 3 lanes of the pool 3-5pm Monday through Friday