



POOL SCHEDULE AS OF APRIL 1, 2022

Schedule subject to change.

CHEYENNE FAMILY YMCA POOL HOURS

Mon-Thu: 5:30am-12:30pm, 3:30-7:30pm
 Fri: 5:30am-6pm / Sat: 9am-4:00pm / Closed Sundays

● LAP SWIM ▲ WATER EXERCISE ■ FAMILY SWIM * SWIM LESSONS ▼ ADULT SWIM

MON	TUE	WED	THU	FRI	SAT
<p>● LAP SWIM 5:30am-12:30pm Limited lanes after 10am</p> <p>▲ MORNING POWER HOUR 10:05-11am Donna</p> <p>CLOSED 12:30-3:30pm</p> <p>■ FAMILY SWIM 3:30-5:00pm</p> <p>* SWIM LESSONS 5:15-6:45pm</p> <p>▲ BODY, CORE, AND SOUL 5:30-6:30pm Maren</p> <p>● FAMILY SWIM 6:30-7:30pm</p>	<p>● LAP SWIM 5:30-11am Limited lanes after 8am</p> <p>▲ WATER WALKING 6-7am Dana</p> <p>▲ H2O DEEP HIT 7:30-8:20am Ruth</p> <p>* SWIM LESSONS 9-10am</p> <p>▲ AQUA ARTHRITIS 10-10:50am Jane</p> <p>▼ ADULT SWIM 11am-12:30pm</p> <p>CLOSED 12:30-3:30pm</p> <p>▼ ADULT SWIM 3:30-7pm</p> <p>* SWIM LESSONS 5:15-6:45pm</p>	<p>● LAP SWIM 5:30am-12:30pm Limited lanes after 10am</p> <p>▲ AQUA TABATA 10:05-11am Christy</p> <p>CLOSED 12:30-3:30pm</p> <p>■ FAMILY SWIM 3:30-5:00pm</p> <p>* SWIM LESSONS 5:15-6:45pm</p> <p>▲ BODY, CORE, AND SOUL 5:30-6:30pm Regina</p> <p>■ FAMILY SWIM 6:30-7:30pm</p>	<p>● LAP SWIM 5:30-11am Limited lanes after 8am</p> <p>▲ WATER WALKING 6-7am Dana</p> <p>▲ H2O DEEP HIT 7:30-8:20am Ruth</p> <p>* SWIM LESSONS 8:30-10am</p> <p>▲ AQUA ARTHRITIS 10-10:50am Jane</p> <p>▼ ADULT SWIM 11am-12:30pm</p> <p>CLOSED 12:30-3:30pm</p> <p>▼ ADULT SWIM 3:30-7pm</p> <p>▲ AQUA TABATA 5:30-6:30pm Christy</p>	<p>● LAP SWIM 5:30-10:30am Limited lanes after 8am</p> <p>▲ MORNING POWER HOUR 9:30-10:30am Olga</p> <p>■ FAMILY SWIM 10:30am-12:30pm</p> <p>CLOSED 12:30-3:30pm</p> <p>■ FAMILY SWIM 3:30pm-6pm</p>	<p>● LAP SWIM 9-11am Limited lanes after 10am</p> <p>* SWIM LESSONS 10-11am</p> <p>■ FAMILY SWIM 11am-4:00pm</p>