



# POOL SCHEDULE AS OF MAY 1, 2023

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-2:00pm

Sun: Closed until further notice

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

MON	TUE	WED	THU	FRI	SAT
<p>● <b>LAP SWIM</b> 5:30am-12:30pm Limited lanes after 10am</p> <p>▲ <b>MORNING POWER HOUR</b> 10:05-11am Donna</p> <p><b>CLOSED</b> 12:30-3:30pm</p> <p>■ <b>FAMILY SWIM</b> 3:30-5pm *2 lane lap</p> <p>* <b>SWIM LESSONS</b> 5:15-6:45pm</p> <p>▲ <b>BODY, CORE, AND SOUL</b> 5:30-6:30pm Maren</p> <p>● <b>LAP SWIM</b> 6:30-7:30pm</p>	<p>● <b>LAP SWIM</b> 5:30-9am 9:30am-12:30pm Limited lanes after 8:30am</p> <p>* <b>SWIM LESSONS</b> 8:30-10am</p> <p><b>CLOSED</b> 12:30-3:30pm</p> <p>▼ <b>ADULT SWIM</b> 3:30-7:30pm Limited space during classes</p> <p>* <b>SWIM LESSONS</b> 5:15-6:45pm</p>	<p>● <b>LAP SWIM</b> 5:30am-12:30pm Limited lanes after 10am</p> <p>▲ <b>POWER ABD STRENGTH</b> 10-10:45am Sarah</p> <p><b>CLOSED</b> 12:30-3:30pm</p> <p>■ <b>FAMILY SWIM</b> 3:30-5pm *No lap availability</p> <p>* <b>SWIM LESSONS</b> 5:15-6:45pm</p> <p>▲ <b>BODY, CORE, AND SOUL</b> 5:30-6:30pm Cheryl</p> <p>■ <b>FAMILY SWIM</b> 6:30-7:30pm</p>	<p>● <b>LAP SWIM</b> 5:30-9am 9:30am-12:30pm Limited lanes after 8:30am</p> <p>* <b>SWIM LESSONS</b> 8:30-10am</p> <p><b>CLOSED</b> 12:30-3:30pm</p> <p>▼ <b>ADULT SWIM</b> 3:30-7:30pm Limited space during classes</p>	<p>● <b>LAP SWIM</b> 5:30-10:30am Limited lanes after 9am</p> <p>▲ <b>MORNING POWER HOUR</b> 9:30-10:30am Cheryl</p> <p>■ <b>FAMILY SWIM</b> 10:30am-12:30pm *2 lane lap</p> <p><b>CLOSED</b> 12:30-3:30pm</p> <p>■ <b>FAMILY SWIM</b> 3:30-6pm *2 lane lap</p>	<p>● <b>LAP SWIM</b> 9-10am</p> <p>* <b>SWIM LESSONS</b> 10-11am</p> <p>■ <b>FAMILY SWIM</b> 11am-2pm *2 lane lap</p>
					<b>SUN</b>
					❖ <b>Closed until further notice.</b>