



# OPEN SWIM SCHEDULE

## AQUATIC CENTER HOURS OF OPERATION

Monday – Friday	5:10 AM – 7:45 PM
Saturday	7:10 AM – 3:45 PM
Sunday	1:00 PM – 4:45 PM

### What is Open Swim?

Open swim lanes are available for activities such as water walking and lap swimming.

### Which lanes are available for Open Swim?

Lanes 5 – 7, with the exception of Lane 5 being reserved on Mondays & Wednesdays from 5:40 PM – 6:20 PM for the Aqua Core Challenge.

### Do I need to reserve a lane for Open Swim?

Nope! Open Swim lanes are available on a first come, first serve basis.

### What other aquatic activities can I participate in?

- Aquatic Group Fitness Classes (included in your membership!)
- Aquatic Personal Training
- Boot Camps & Challenges
- Swim Lessons

You can find more information about these programs on our website: [ymcanorman.org/aquatics](http://ymcanorman.org/aquatics)

## CONTACT

Stephanie Settle – Director of Safety & Aquatics  
405-364-9622 Ext 135 – [settle@ymcanorman.org](mailto:settle@ymcanorman.org)

## OPEN SWIM SCHEDULE

### Monday & Wednesday

Shallow Water	5:10 AM – 8:00 AM 9:30 AM – 3:50 PM 7:00 PM – 7:45 PM
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### Deep Water

5:10 AM – 5:25 AM 10:30 AM – 2:50 PM 7:30 PM – 7:45 PM
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### Tuesday & Thursday

Shallow Water	5:10 AM – 8:55 AM 9:40 AM – 3:50 PM
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### Deep Water

5:10 AM – 6:55 AM 8:25 AM – 2:50 PM 7:30 PM – 7:45 PM
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### Friday

Shallow Water	5:10 AM – 8:00 AM 9:30 AM – 7:45 PM
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### Deep Water

5:10 AM – 5:25 AM 10:30 AM – 2:50 PM 6:00 PM – 7:45 PM
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### Saturday

Shallow Water	10:00AM – 3:45 AM
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### Deep Water

7:10 AM – 9:00 AM 11:10 AM – 3:45 PM
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