



# OPEN SWIM SCHEDULE

## AQUATIC CENTER HOURS OF OPERATION

<b>Monday - Thursday</b>	<b>5:10 AM - 8:45 PM</b>
<b>Friday</b>	<b>5:10 AM - 7:45 PM</b>
<b>Saturday</b>	<b>7:10 AM - 4:45 PM</b>
<b>Sunday</b>	<b>1:00 PM - 4:45 PM</b>

### 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

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## OPEN SWIM SCHEDULE

### Monday & Wednesday

<b>Shallow Water</b>	5:10 AM - 8:00 AM
	9:30 AM - 3:50 PM
	7:00 PM - 7:45 PM

### Deep Water

5:10 AM - 5:25 AM
10:30 AM - 2:50 PM
7:30 PM - 7:45 PM

### Tuesday & Thursday

<b>Shallow Water</b>	5:10 AM - 8:55 AM
	9:40 AM - 3:50 PM

### Deep Water

5:10 AM - 6:55 AM
8:25 AM - 2:50 PM
7:30 PM - 7:45 PM

### Friday

<b>Shallow Water</b>	5:10 AM - 8:00 AM
	9:30 AM - 7:45 PM

### Deep Water

5:10 AM - 5:25 AM
10:30 AM - 2:50 PM
6:00 PM - 7:45 PM

### Saturday

<b>Shallow Water</b>	10:00 AM - 3:45 PM
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### Deep Water

7:10 AM - 9:00 AM
11:10 AM - 3:45 PM