

# LEISURE POOL SCHEDULE

Southdale YMCA 952-835-2567

September 12th - October 30th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday	SATURDAY	SUNDAY							
5:00 AM	5:00 - 7:10 am Open Swim <b>Vortex Pool (VX):</b> (Adults Only)	5:00 - 7:10 am Open Swim <b>Vortex Pool (VX):</b> (Adults Only)	5:00 - 7:10 am Open Swim <b>Vortex Pool (VX):</b> (Adults Only)	5:00 - 7:10 am Open Swim <b>Vortex Pool (VX):</b> (Adults Only)	5:00 - 7:10 am Open Swim <b>Vortex Pool (VX):</b> (Adults Only)	6:00 - 9:00 am Open Swim <b>Vortex Pool (VX):</b> (Adults only)	6:00 - 8:00 am Open Swim <b>Vortex Pool (VX):</b> (Adults only)							
5:30 AM														
6:00 AM														
6:30 AM														
7:00 AM	7:15 - 8:00 am <b>Water X Power</b> <b>Vortex Pool (VX):</b> (Adults Only)	7:15 - 8:00 am <b>Water X Power</b> <b>Vortex Pool (VX):</b> (Adults Only)	7:15 - 8:00 am <b>Water X Power</b> <b>Vortex Pool (VX):</b> (Adults Only)	7:15 - 8:00 am <b>Water X Power</b> <b>Vortex Pool (VX):</b> (Adults Only)	7:15 - 8:00 am <b>Water X Power</b> <b>Vortex Pool (VX):</b> (Adults Only)		9:00 am - 1:00 pm <b>Swim Lessons</b> Open Swim (ZD/VX)	8:00 - 11:10 am <b>Swim Lessons</b> Open Swim						
7:30 AM														
8:00 AM	8:10 - 8:55 am <b>AOA Water X</b> <b>Vortex Pool (VX):</b> (Adults Only)	8:05 am - 9:50 pm Open Swim <b>Vortex Pool (VX):</b> (Adults Only)	8:10 - 8:55 am <b>AOA Water X</b> <b>Vortex Pool (VX):</b> (Adults Only)	8:05 am - 9:50 pm Open Swim <b>Vortex Pool (VX):</b> (Adults Only)	8:10 - 8:55 am <b>AOA Water X</b> <b>Vortex Pool (VX):</b> (Adults Only)				9:00 am - 1:00 pm <b>Swim Lessons</b> Open Swim (ZD/VX)	8:00 - 11:10 am <b>Swim Lessons</b> Open Swim				
8:30 AM														
9:00 AM	9:05 - 9:50 am <b>Arthritis</b> <b>Vortex Pool (VX):</b> (Adults Only)	9:05 am - 9:50 pm Open Swim <b>Vortex Pool (VX):</b> (Adults Only)	9:05 - 9:50 am <b>Arthritis</b> <b>Vortex Pool (VX):</b> (Adults Only)	9:05 am - 9:50 pm Open Swim <b>Vortex Pool (VX):</b> (Adults Only)	9:05 - 9:50 am <b>Arthritis</b> <b>Vortex Pool (VX):</b> (Adults Only)						9:00 am - 1:00 pm <b>Swim Lessons</b> Open Swim (ZD/VX)	8:00 - 11:10 am <b>Swim Lessons</b> Open Swim		
9:30 AM														
10:00 AM	9:55 am -12:15 pm <b>Swim Lessons</b> Open Swim (ZD/VX)	9:55 am -12:15 pm Open Swim	9:55 am -12:15 pm Open Swim	9:55 am -12:15 pm <b>Swim Lessons</b> Open Swim (ZD/VX)	9:55 am -12:15 pm <b>Swim Lessons</b> Open Swim (ZD/VX)	9:00 am - 1:00 pm <b>Swim Lessons</b> Open Swim (ZD/VX)							8:00 - 11:10 am <b>Swim Lessons</b> Open Swim	
10:30 AM														
11:00 AM														
11:30 AM														
12:00 PM	12:15 - 1:00 pm <b>Arthritis</b> Open Swim (ZD/VX)	12:15 - 1:00 pm <b>Arthritis</b> Open Swim (ZD/VX)	12:15 - 1:00 pm <b>Arthritis</b> Open Swim (ZD/VX)	12:15 - 1:00 pm <b>Arthritis</b> Open Swim (ZD/VX)	12:15 - 1:00 pm <b>Arthritis</b> Open Swim (ZD/VX)		9:00 am - 1:00 pm <b>Swim Lessons</b> Open Swim (ZD/VX)	8:00 - 11:10 am <b>Swim Lessons</b> Open Swim						
12:30 PM														
1:00 PM	1:00 - 4:00 pm Open Swim	1:00 - 1:30 pm Open Swim	1:00 - 8:00 pm Open Swim	1:00 - 1:30 pm Open Swim	12:15 - 4:30 pm Open Swim (ZD/VX)				9:00 am - 1:00 pm <b>Swim Lessons</b> Open Swim (ZD/VX)	8:00 - 11:10 am <b>Swim Lessons</b> Open Swim				
1:30 PM														
2:00 PM		1:30 - 3:30 pm <b>Homeschool</b> Open Swim		1:00 - 8:00 pm Open Swim							1:30 - 3:30 pm <b>Homeschool</b> Open Swim	12:15 - 4:30 pm Open Swim (ZD/VX)		
2:30 PM														
3:00 PM	4:00 - 6:15 pm <b>Swim Lessons</b> Open Swim (ZD/VX)	3:30 - 5:00 pm Open Swim	1:00 - 8:00 pm Open Swim		3:30 - 4:25 pm Open Swim	1:00 - 8:00 pm Open Swim					9:00 am - 1:00 pm <b>Swim Lessons</b> Open Swim (ZD/VX)		8:00 - 11:10 am <b>Swim Lessons</b> Open Swim	
3:30 PM														
4:00 PM		4:00 - 6:15 pm <b>Swim Lessons</b> Open Swim (ZD/VX)		3:30 - 5:00 pm Open Swim	1:00 - 8:00 pm Open Swim							4:25 - 7:15 pm <b>Swim Lessons</b> Open Swim (ZD/VX)		1:00 - 8:00 pm Open Swim
4:30 PM														
5:00 PM	6:15 - 8:00 pm Open Swim	5:00 - 7:15 pm <b>Swim Lessons</b> Open Swim (ZD/VX)	1:00 - 8:00 pm Open Swim	4:25 - 7:15 pm <b>Swim Lessons</b> Open Swim (ZD/VX)		1:00 - 8:00 pm Open Swim	9:00 am - 1:00 pm <b>Swim Lessons</b> Open Swim (ZD/VX)	8:00 - 11:10 am <b>Swim Lessons</b> Open Swim						
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6:00 PM		7:15 - 8:00 pm Open Swim		1:00 - 8:00 pm Open Swim	7:15 - 8:00 pm Open Swim				7:00 - 8:00 pm Open Swim					
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7:00 PM	6:15 - 8:00 pm Open Swim	7:15 - 8:00 pm Open Swim	1:00 - 8:00 pm Open Swim		7:15 - 8:00 pm Open Swim	7:00 - 8:00 pm Open Swim				9:00 am - 1:00 pm <b>Swim Lessons</b> Open Swim (ZD/VX)		8:00 - 11:10 am <b>Swim Lessons</b> Open Swim		
7:30 PM														
8:00 PM	8:00 - 10:00 pm Open Swim <b>Vortex Pool (VX):</b> (Adults Only)	8:00 - 10:00 pm Open Swim <b>Vortex Pool (VX):</b> (Adults Only)		8:00 - 10:00 pm Open Swim <b>Vortex Pool (VX):</b> (Adults Only)	8:00 - 10:00 pm Open Swim <b>Vortex Pool (VX):</b> (Adults Only)				8:00 - 10:00 pm Open Swim <b>Vortex Pool (VX):</b> (Adults Only)		8:00 - 9:00 pm Open Swim <b>Vortex Pool (VX):</b> (Adults Only)		8:00 - 9:00 pm Open Swim <b>Vortex Pool (VX):</b> (Adults Only)	
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The entire pool, including Vortex (VX) and zero depth entry (ZD) are available when "Open Swim" is listed on the schedule. When programming such as swim lessons and open swim are listed without designated areas, the pool layout will be determined at that time.

Private and Semi Private Swim Lessons are on a flex schedule and taught during "Open Swim" times.

Pool features are available for our members and guests. The fountains are not turned on during programming (Swim Lessons or Water X Classes).

Children 15 years of age and under must be accompanied by an adult (at least 18) in the water unless they can pass the appropriate swim test.

For the safety of our members and guests - five to fifteen minute 'Safety Breaks' will be called at the discretion of our Lifeguards on duty.

Classes subject to cancellation due to low attendance/enrollment.

Pool Length: 20 Yards

Pool Temp: 86 - 87 Degrees

**Pool schedule is subject to change at the discretion of the Lifeguard.**