



Blossman Family YMCA Natatorium Schedule starting January 20th 2023

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Notes				
	Program	Lap	Program	Lap	Program	Lap	Program	Lap	Program	Lap	Program	Lap	Program	Lap					
5AM-6AM	Closed		5-6AM Masters 2 lanes	6 lanes open	Open	8 lanes open	5-6AM Masters 2 lanes	6 lanes open	Open	8 lanes open	Open	8 lanes open	Closed		Adventure Locator pool dates: January 11th 7PM-8:30PM Wed January 14th 1PM-6PM Sat January 18th 7PM-8:30PM Wed January 21st 1PM-6PM Sat February 1st 7PM-8:30PM Wed February 4th 1PM-6PM Sat February 8th 7PM-8:30PM Wed February 11th 1PM-6PM Sat (2 lanes) Round Island Divers pool dates: January 15th 1PM-4PM Sun January 22nd 1PM-4PM Sun February 5th 1PM-4PM Sun February 12th 1PM-4PM Sun March 12th 1PM-4PM Sun March 19th 1PM-4PM Sun (2 lanes)				
6AM-7AM			Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open				Open	8 lanes open		
7AM-8AM			Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open				Open	8 lanes open		
8AM-9AM			8-9AM AquaFit 2 lanes	6 lanes open	8-9AM AquaFit 2 lanes	6 lanes open	8-9AM AquaFit 2 lanes	6 lanes open	8-9AM AquaFit 2 lanes	6 lanes open	8-9AM AquaFit 2 lanes	6 lanes open				8-9AM AquaFit 2 lanes	6 lanes open	Open	8 lanes open
9AM-10AM			9:15-10:15AM Aqua Dance 3 lanes	5 lanes open	9:15-10:15AM Aqua Core 2 lanes	6 lanes open	9:15-10:15AM Aqua Dance 3 lanes	5 lanes open	9:15-10:15AM Aqua Core 2 lanes	5 lanes open	9:15-10:15AM Aqua Core 2 lanes	6 lanes open				9:15-10AM AquaHIIT 3 lanes	5 lanes open	9-10AM Aqua Jog 2 lanes 9-10AM Masters 2 lanes	4 lanes open
10AM-11AM			Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open				Open	8 lanes open	10-11AM ST 3 lanes	5 lanes open
11AM-12PM	Open	8 lanes open	11:30-12:30PM Aqua Arthritis 3 lanes	5 lanes open	Open	8 lanes open	11:30-12:30PM Aqua Arthritis 3 lanes	5 lanes open	Open	8 lanes open	11:30-12:30PM Aqua Arthritis 3 lanes	5 lanes open	11-12PM ST 3 lanes 11:15-11:45 Aquabilities 2 lanes	3 lanes open					
12PM-1PM	Open	8 lanes open	12:30-1pm P&C 2 lanes	6 lanes open	Open	8 lanes open	12:30-1pm P&C 2 lanes	6 lanes open	Open	8 lanes open	Open	8 lanes open	12-1PM Special Olympics 3 lanes	5 lanes open					
1PM-2PM	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	1-1:30PM K3 2 lanes	6 lanes open					
2PM-3PM	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	1:45-2:30PM WA 2 lanes	6 lanes open					
3PM-4PM	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	2:45-3:30PM WM 2 lanes	6 lanes open					
4PM-5PM	Open	8 lanes open	4-4:30PM K3 2 lanes	6 lanes open	4-4:30PM P&C 3 lanes 4:35-5:05PM K3 2 lanes	5 lanes open	4-4:30PM K3 2 lanes	6 lanes open	4-4:30PM P&C 3 lanes 4:35-5:05PM K3 2 lanes	5 lanes open	Open	8 lanes open	Open	8 lanes open					
5PM-6PM	Closed		5-5:45PM WA 4 lanes	4 lanes open	5-5:45PM ST 2 lanes 5:10-5:40PM P&C 3 lanes	5 lanes open	5-5:45PM WA 4 lanes	4 lanes open	5-5:45PM ST 2 lanes 5:10-5:40PM P&C 3 lanes	5 lanes open	Open	8 lanes open	Open	8 lanes open	Hot Tub will be closed Fridays from 1pm-3pm for weekly cleaning. Indoor pool temperature will be kept between 82-84 degrees. Pool lane usage may change due to program schedule changes and additions. See Aquatics Calendar for updates.				
6PM-7PM			5:45-6:30PM WM/Teen 4 lanes	4 lanes open	5:45-6:30PM ST 3 lanes 5:45-6:30PM Adult 2 lanes	3 lanes open	5:45-6:30PM WM/Teen 4 lanes	4 lanes open	5:45-6:30PM ST 3 lanes 5:45-6:30PM Adult 2 lanes	3 lanes open	Open	8 lanes open	Open	8 lanes open					
7PM-8PM			Open	8 lanes open	6:30-7:30PM Masters 2 lanes	6 lanes open	Open	8 lanes open	6:30-7:30PM Masters 2 lanes	6 lanes open	Open	8 lanes open	Open	8 lanes open					
8PM-9PM			Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Open	8 lanes open	Closed						

Lap Lane Etiquette



For everyone's enjoyment with 1 or 2 swimmers please —

- Enter and exit only from the end of the lane
- Swim continuously from end to end



with 3 or more swimmers please —

- Enter and exit only from the end of the lane
- Swim to the right of the center black line
- Swim continuously
- Do not swim two abreast

One Length = 25 Yards
One Mile = 72 Lengths