



Blossman Family YMCA Natatorium Program Schedule starting Sept 1 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		5:30A-6:30A Masters 2 lanes	6 lanes open	Open	8 lanes open	5:30A-6:30A Masters 2 lanes	6 lanes open	Open	8 lanes open	Open	8 lanes open	Closed		St Martin HS Swim Team Practice July 24 - Oct 19 Mon-Fri 5:45AM-9AM 3 lanes Vanceleave HS Swim Team Practice July 31 - Oct 26 3PM-4:30PM Mon-Thurs 4 lanes Ocean Springs HS Swim Team Practice 6:30PM-8PM Mon-Thurs 4 lanes Third Grade Swim (TGS) August 21 - Oct 27 9am-12:30pm Mon-Fri 3 lanes Swim Lesson Sessions Session 7: August 14-Sept 7 Session 8: Oct 2 - Oct 25			
6AM-7AM			5:45A-9A SMHS 3 lanes	3 lanes open	5:45A-9A SMHS 3 lanes	5 lanes open	5:45A-9A SMHS 3 lanes	3 lanes open	5:45A-9A SMHS 3 lanes	5 lanes open	5:45A-9A SMHS 3 lanes	5 lanes open				5:45A-9A SMHS 3 lanes	5 lanes open	
7AM-8AM			5:45A-9A SMHS 3 lanes	5 lanes open	5:45A-9A SMHS 3 lanes	5 lanes open	5:45A-9A SMHS 3 lanes	5 lanes open	5:45A-9A SMHS 3 lanes	5 lanes open	5:45A-9A SMHS 3 lanes	5 lanes open				5:45A-9A SMHS 3 lanes	5 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	8-9AM Recovery Zone 2 lanes	8 lanes open
9AM-10AM			9AM-10AM Aqua Dance 3 lanes 9a-12:30p TGS 3 lanes	2 lanes open	9a-12:30p TGS 3 lanes	2 lanes open	9AM-10AM Aqua Dance 3 lanes 9a-12:30p TGS 3 lanes	2 lanes open	9a-12:30p TGS 3 lanes	2 lanes open	9AM-10AM AquaHIIT 3 lanes 9a-12:30p TGS 3 lanes	2 lanes open				9-10AM Aqua Jog 2 lanes	4 lanes open	
10AM-11AM			9A-12:30P TGS 3 lanes	5 lanes open	9A-12:30P TGS 3 lanes	5 lanes open	9A-12:30P TGS 3 lanes	5 lanes open	9A-12:30P TGS 3 lanes	5 lanes open	9A-12:30P TGS 3 lanes	5 lanes open				9A-12:30P TGS 3 lanes	5 lanes open	10-11AM ST 3 lanes
11AM-12PM	Open	8 lanes open	9A-12:30P TGS 3 lanes 11A-12PM H2O Go 3 lanes	2 lanes open	9A-12:30P TGS 3 lanes	5 lanes open	9A-12:30P TGS 3 lanes 11A-12PM H2O Go 3 lanes	2 lanes open	9A-12:30P TGS 3 lanes	5 lanes open	9A-12:30P TGS 3 lanes 11A-12PM H2O Go 3 lanes	2 lanes open	11:15-11:45 Aquabilities* 2 lanes	3 lanes open				
12PM-1PM	Open	8 lanes open	9A-12:30P TGS 3 lanes	5 lanes open	9A-12:30P TGS 3 lanes	5 lanes open	9A-12:30P TGS 3 lanes	5 lanes open	9A-12:30P TGS 3 lanes	5 lanes open	9A-12:30P TGS 3 lanes	5 lanes open	12-1PM Special Olympics* 4 lanes	4 lanes open				
1PM-2PM	Open	8 lanes open	1-1:30PM P&C 2 lanes	6 lanes open	Open	8 lanes open	1-1:30PM P&C 2 lanes	6 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	1:45-2:15PM L1 2 lanes	6 lanes open				
3PM-4PM	Open	8 lanes open	4PM-4:45PM VHS 4 lanes	4 lanes open	4PM-4:45PM VHS 4 lanes	4 lanes open	4PM-4:45PM VHS 4 lanes	4 lanes open	4PM-4:45PM VHS 4 lanes	4 lanes open	Open	8 lanes open	2:45-3:15PM L2 2 lanes	6 lanes open				
4PM-5PM	Open	8 lanes open	4-4:30PM K3 2 lanes	2 lanes open	4-4:30PM P&C 3 lanes 4:30-5PM K3 2 lanes	2 lanes open	4-4:30PM K3 2 lanes	2 lanes open	4-4:30PM P&C 3 lanes 4:35-5:05PM K3 2 lanes	2 lanes open	Open	8 lanes open	Open	8 lanes open				
5PM-6PM	Closed		5-5:30PM L1 /L2 4 lanes	4 lanes open	5-6PM ST 2 lanes 5-5:30PM L3 1 lane 5:30-6P P&C/L4 3 lanes	2 lanes open	5-5:30PM L1 /L2 4 lanes	4 lanes open	5-6PM ST 2 lanes 5-5:30PM L3 1 lane 5:30-6P P&C/L4 3 lanes	2 lanes open	Open	8 lanes open	Open	8 lanes open				
6PM-7PM			5:45-6:15PM L1/L2/Teen 4 lanes	4 lanes open	5:45-6:30PM ST 3 lanes 6-6:30PM Adult 2 lanes	3 lanes open	5:45-6:15PM L1/L2/Teen 4 lanes	4 lanes open	5:45-6:30PM ST 3 lanes 6-6:30PM Adult 2 lanes	3 lanes open	Open	8 lanes open	Open	8 lanes open				
7PM-8PM			6:30-8PM OSHS 4 lanes	4 lanes open	6:30-8PM OSHS 4 lanes	4 lanes open	6:30-8PM OSHS 4 lanes	4 lanes open	6:30-8PM OSHS 4 lanes	4 lanes open	6:30-8PM OSHS 4 lanes	4 lanes open	Open	8 lanes open				
8PM-9PM			6:30-8PM OSHS 4 lanes	4 lanes open	6:30-8PM OSHS 4 lanes	4 lanes open	6:30-8PM OSHS 4 lanes	4 lanes open	6:30-8PM OSHS 4 lanes	4 lanes open	6:30-8PM OSHS 4 lanes	4 lanes open	Closed	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

Hot Tub Closure Schedule

Tuesdays from 5am-9am for deep cleaning **subject to change*

Other Info

Indoor pool temperature will be kept between 84-86 degrees.

Pool lane usage may change due to program schedule changes and additions. See Aquatics Calendar for updates.

