



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

AQUATICS SCHEDULE DOWNTOWN YMCA May

The Frankfort YMCA Aquatics Staff is committed to providing a safe and fun environment for members of all ages to exercise, learn, and play in the pool. Our indoor facilities provide the opportunity to participate in aquatics activities year round.

For Our Members Safety

- ◆ Our pools are monitored by certified lifeguards during all activities.
- ◆ Children ages 10 and under must have a parent or guardian in the pool area at all times.
- ◆ Chair lifts are available to ensure members of all abilities access to our pool.
- ◆ The pool is closed during electrical storms. It will reopen 30 minutes after the last sign of the storm.

Activites at a Glance

Lap Swim

Monday 5:30am - 9:00am
10:00am - 1:00pm
3:00pm - 5:30pm
*5:30pm - 6:30pm

Tuesday 5:30am - 9:00am
10:00am - 1:00pm
3:00pm - 5:00pm
*6:00pm - 7:30pm

Wednesday 5:30am - 9:00am
10:00am - 1:00pm
3:00pm - 5:30pm
*5:30pm - 6:30pm

Thursday 5:30am - 9:00am
10:00am - 1:00pm
3:00pm - 5:00pm
*6:00pm - 7:30pm

Friday 5:30am - 9:00am
10:00am - 1:00pm
3:00pm - 5:30pm

Saturday 8:00am - 9:30am
10:30am - 1:00pm

Sunday 12:00pm - 2:00pm
*Indicates only 1-2 lap lanes will be available

Family & Open Swim

Monday 3:00pm - 5:30pm
6:30pm - 7:30pm

Tuesday 5:00pm - 6:00pm

Wednesday 3:00pm - 5:30pm
6:30pm - 7:30pm

Thursday 5:00pm - 6:00pm

Friday 3:00pm - 5:30pm
5:30pm - 7:30pm

Saturday 1:00pm - 3:00pm
5:00pm - 7:00pm
2-3pm Pool shared with Birthday Party

Sunday 2:00pm - 6:00pm
2-3pm Pool shared with Birthday Party

Interested in becoming a more proficient swimmer? Check out our program guide or website for a listing of swim lesson times.



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AQUATICS SCHEDULE

DOWNTOWN YMCA

May

Monday

Lap Swim 5:30am - 9:00am
Aqua Fitness 9:00am - 10:00am
Lap Swim 10:00am - 1:00pm
Deep Water 12:10pm - 12:50pm
Intervals
Closed 1:00pm - 3:00pm
½ Lap Swim 3:00pm - 5:30pm
½ Family Swim 3:00pm - 5:30pm
Aqua Fitness 5:30pm - 6:30pm
Lap Swim 5:30pm - 6:30pm
Family Swim 6:30pm - 7:30pm
TNT Swim 7:30pm - 9:00pm
Team

Tuesday

Lap Swim 5:30am - 9:00am
Twinges 9:00am - 10:00am
Lap Swim 10:00am - 1:00pm
HYPE 1:00pm - 3:00pm
Lap Swim 3:00pm - 5:00pm
Family Swim 5:00pm - 6:00pm
Swim Lessons 6:00pm - 7:30pm
Lap Swim *6:00pm - 7:30pm
1 Lap Lane available
TNT Swim 7:30pm - 9:00pm
Team

Wednesday

Lap Swim 5:30am - 9:00am
Aqua Fitness 9:00am - 10:00am
Lap Swim 10:00am - 1:00pm
Deep Water 12:10pm - 12:50pm
Stewart Home 1:00pm - 3:00pm
½ Lap Swim 3:00pm - 5:30pm
½ Family Swim 3:00pm - 5:30pm
Aqua Fitness 5:30pm - 6:30pm
Family Swim 6:30pm - 7:30pm
TNT Swim 7:30pm - 9:00pm
Team

Thursday

Lap Swim 5:30am - 9:00am
Twinges 9:00am - 10:00am
Lap Swim 10:00am - 1:00pm
HYPE 1:00pm - 3:00pm
Lap Swim 3:00pm - 5:00pm
Deep Water 5:00pm - 6:00pm
Family Swim 5:00pm - 6:00pm
Swim Lessons 6:00pm - 7:30pm
Lap Swim *6:00pm - 7:30pm
1 Lap Lane available
TNT Swim 7:30pm - 9:00pm
Team

Friday

Lap Swim 5:30am - 9:00am
Aqua Fitness 9:00am - 10:00am
Lap Swim 10:00am - 1:00pm
Deep Water 11:30am - 12:15pm
Second Street 1:00pm - 2:00pm
Closed 2:00pm - 3:00pm
½ Lap Swim 3:00pm - 5:30pm
½ Family Swim 3:00pm - 5:30pm
Family Swim 5:30pm - 7:30pm
TNT Swim 7:30pm - 9:00pm
Team

Saturday

Lap Swim 8:00am - 9:30am
Aqua Zumba 9:30am - 10:30am
Deep Water 10:30am - 11:30am
Lap Swim 10:30am - 1:00pm
Family Swim 1:00pm - 7:00pm
TNT Swim 3:00pm - 5:00pm
Team
Family Swim 5:00pm - 7:00pm

Sunday

Lap Swim 12:00pm - 2:00pm
Family Swim 2:00pm - 6:00pm

Only participants of the designated program are allowed in the pool during scheduled times.