



MILLINTON FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

Lap Swim 5:30am-1:00pm
2:00pm-8:45pm

Water Aerobics 8:45am-9:45am
10:15am-11:15am
11:15am-12:15pm
6:00pm-7:00pm

Swim Team 5:00pm-6:30pm

Free Swim 5:30am-1:00pm
2:00pm-8:45pm

TUESDAY

Lap Swim 5:30am-8:45pm

Water Aerobics 7:30am-8:30am
9:00am-10:00am
6:00pm-7:00pm

Free Swim 5:30am- 6:00pm
7:00pm- 8:45pm

Swim Lessons 9:00am- 12:00pm
5:00pm-7:45pm

WEDNESDAY

Lap Swim 5:30am-1:00pm
2:00pm-8:45pm

Water Aerobics 7:30am- 8:30am
8:45am-9:45am
10:15am-11:15am
11:15am-12:15pm
6:00pm-7:00pm

Swim Team 5:00pm-6:30pm

Free Swim 5:30am-1:00pm
2:00pm-8:45pm

THURSDAY

Lap Swim 5:30am-8:45pm

Water Aerobics 7:30am- 8:30am
9:00am-10:00am
6:00pm-7:00pm

Free Swim 5:30am- 6:00pm
7:00pm- 8:45pm

Swim Lessons 9:00am-12:00pm
5:00pm-7:45pm

FRIDAY

Lap Swim 5:30am-1:00pm
2:00pm- 8:45pm

Water Aerobics 8:45am- 9:45am
10:15am- 11:15am
11:15am- 12:15pm

Swim Team 5:00pm-6:30pm

Free Swim 5:30am- 1:00pm
2:00pm- 8:45pm

SATURDAY

Lap Swim 7:00am- 4:45pm

Free Swim 7:00am- 4:45pm

Water Aerobics 9:00am-10:00am

Swim Lessons 10:00am- 12:45pm

SUNDAY

Lap Swim 1:00pm- 4:45pm

Free Swim 1:00pm- 4:45pm

PLEASE NOTE: THERE IS NO FREE SWIM FROM 6:00pm-7:00pm ON TUESDAYS & THURSDAYS due to swim lessons, lap swim, & water aerobics.

Schedule is subject to change without notice. Please see Aquatics Staff for clarification on schedule.
INDOOR POOL & POOL DECK will be CLOSED while THUNDER & LIGHTNING are present.