

CROZET YMCA AQUATICS USAGE SCHEDULE

Effective 9/23/19

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM							
6:00 AM							
6:30 AM		6:30 - 8:00 am PEAK USAGE Western Swim team - 2 lanes available for members	6:30 - 8:00 am PEAK USAGE Western Swim team - 2 lanes available for members	6:30 - 8:00 am PEAK USAGE Western Swim team - 2 lanes available for members	6:30 - 8:00 am PEAK USAGE Western Swim team - 2 lanes available for members	6:30 - 8:00 am PEAK USAGE Western Swim team - 2 lanes available for members	
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM		9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	
9:30 AM		Group Ex: Water Works	Group Ex: Aqua Blend	Group Ex: Water Works	Group Ex: Water Works	Group Ex: Water Works	
10:00 AM							10:00 - 11:00 am
10:30 AM							Group Ex: Water Interval
11:00 AM							Training
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM		4:00 - 5:00 pm CYAC Swim team - 4 lanes available for members		4:00 - 5:00 pm CYAC Swim team - 4 lanes available for members	4:00 - 5:00 pm CYAC Swim team - 4 lanes available for members		
4:30 PM							
5:00 PM		5:00 - 6:45 pm PEAK USAGE CYAC Swim team - 1 lane available for members	5:00 - 6:45 pm PEAK USAGE CYAC Swim team - 3 lanes available for members	5:00 - 6:45 pm PEAK USAGE CYAC Swim team - 1 lane available for members	5:00 - 6:45 pm PEAK USAGE CYAC Swim team - 1 lane available for members		
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM			6:45 - 7:45 pm		6:45 - 7:45 pm		
7:30 PM			Group Ex: Water Interval Training		Group Ex: Water Interval Training		
8:00 PM							