



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

REVISED 9.5.24

PARKER HANNIFIN DOWNTOWN YMCA

SEPTEMBER 2024

P 216 344-7700 WWW.CLEVELANDYMCA.ORG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	<p>Schedule subject to change.</p> <p>Lap Swim Ages 13 & Over Swimming Laps</p> <p>Family Swim Children 12 & under unable to pass swim test must have parent in the water supervising them.</p> <p>Limit time to 10 minutes in Sauna, Hot Tub, Steam Room then break.</p> <p>PLEASE -NO SHOES -NO Sweatshirts -NO Rubber Outfits In Sauna & Steam</p> <p>Please SHOWER before entering Hot Tub</p> <p>Water Exercise T & TH 5:45-6:40p Fridays 10:00-11:00a</p> <p>NO Entry to class after 15 minutes once class starts. 6:00p or 10:15a</p> <p>Swim Lessons Sept 3rd – Sept 28th -Reg opens Aug 26th</p>
5:30-7:30a Lap Swim	5:30-7:30a Lap Swim	5:30-7:30a Lap Swim	5:30-7:30a Lap Swim	5:30-7:30a Lap Swim			
Closed LG Break 7:30-8:15a	Closed LG Break 7:30-8:15a	Closed LG Break 7:30-8:15a	Closed LG Break 7:30-8:15a	Closed LG Break 7:30-8:15a			
8:15-10:00a Lap Swim	8:15-10:00a Lap Swim	8:15-10:00a Lap Swim	8:15-10:00a Lap Swim	8:15-10:00a Lap Swim	8:00-10:00a Lap Swim		
Break 9:45-10a If One Guard	Break 9:45-10a If One Guard	Break 9:45-10a If One Guard	Break 9:45-10a If One Guard	Break 9:45-10a If One Guard	Break 9:45-10a If One Guard		
10:00-11:30a Lap Swim	10:00-11:30a Swim Lessons & Lap Swim	10:00-11:30a Lap Swim	10:00-11:30a Swim Lesson & Lap Swim	10:00-11:00a Water Ex 3 Lanes	10:00-11:00a Swim Lessons 3 Lanes		
Break 11:30-11:45a If One Guard	Break 11:30-11:45a If One Guard	Break 11:30-11:45a If One Guard	Break 11:30-11:45 If One Guard	Break 11:30-11:45 If One Guard			
11:45-1:30p Lap Swim	11:45-1:30p Lap Swim	11:45-1:30p Lap Swim	11:45-1:30p Lap Swim	11:00-1:30p Lap Swim	11:00-12:15p Swim Lessons Family Swim	11:00-12:15p Swim Lessons Family Swim	
Closed 1:30-2p LG Break/Cleaning	Closed 1:30-2p LG Break/Cleaning	Closed 1:30-2p LG Break/Cleaning	Closed 1:30-2p LG Break/Cleaning	Closed 1:30-2p LG Break/Cleaning	Break 12:15-12:45p If One Guard	Break 12:15-12:45p If One Guard	
2:00-3:45p Lap Swim	2:00-3:45p Lap Swim	2:00-3:45p Lap Swim	2:00-3:45p Lap Swim	2:00-3:45p Lap Swim	12:45-2:30p Lap Swim	12:45-2:30p Lap Swim	
3:45-4:10p Closed LG Break If one guard	3:45-4:10p Closed LG Break If one guard	3:45-4:10p Closed LG Break If one guard	3:45-4:10p Closed LG Break If one guard	3:45-4:10p Closed LG Break If one guard			
4:10-6:45p Swim Lessons & Lap Swim	4:10-5:45p Lap Swim	4:10-6:45p Swim Lessons & Lap Swim	4:10-5:45p Lap Swim	4:10-7:00p	<p>POOL CLOSES 2:30p Saturday & Sunday</p> <p>Pool Rules Reminder 1 Cell phone usage NOT permitted in all pool areas. 2 Please do NOT lay down in the Sauna, Steam Room, Hot Tub or anywhere in the pool area. 3 Please do NOT exercise on the pool deck, Steam Room, Sauna, or Hot Tub 4 Do NOT spray any water in Sauna or Steam Room. 5 Please shower first before entering Hot Tub or Pool.</p>		
	5:45-6:40p Water EX Pool, Hot Tub, Steam & Sauna CLOSED		5:45-6:40p Water EX Pool, Hot Tub Steam & Sauna CLOSED	Lap Swim All 3 Lanes			
6:45-8:00p Lap Swim	6:40-8:00p Lap Swim	6:45-8:00p Lap Swim	6:40-8:00p Lap Swim				
Pool Closes 8:00pm	Pool Closes 8:00pm	Pool Closes 8:00pm	Pool Closes 8:00pm	Pool Closes 7:00pm			