



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

## Cooper Street YMCA

ARLINGTON-MANSFIELD AREA YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00–7:00am	Lap Swim/ Water Walking (4 lanes)	Lap Swim/ Water Walking (4 lanes)	Lap Swim/ Water Walking (4 lanes)	Lap Swim/ Water Walking (4 lanes)	Lap Swim/ Water Walking (4 lanes)	Pool CLOSED Opens at 8:30am	Pool Opens at Noon ----- Family Swim in Shallow Areas  (Water Features will be turned on by request) ----- Lap Swim/ Water Walking (3 lanes)
7:00–11:00am	Water Aerobics Lap Swim/Water Walking (2 lanes)	Water Aerobics Lap Swim/Water Walking (2 Lanes)	Water Aerobics Lap Swim/Water Walking (2 Lanes)	Water Aerobics Lap Swim/Water Walking (2 lanes)	Water Aerobics Lap Swim/Water Walking (2 lanes)	Water Aerobics Swim Lessons* Lap Swim/Water Walking (2 lanes)*	
8:00am– 12:00pm	Open Swim (2 lanes)	Open Swim (2 lanes)	Open Swim (2 lanes)	Open Swim (2 lanes)	Open Swim (2 lanes)	Water Aerobics Swim Lessons* Lap Swim/Water Walking (2 lanes)*	
12:15–4:30pm	POOL CLOSED 12:00–4:30PM	POOL CLOSED 12:00–4:30PM	POOL CLOSED 12:00–4:30PM	POOL CLOSED 12:00–4:30PM	POOL CLOSED 12:00–3:30PM	Open Swim/ Family Swim 11:00am – 4:45pm	
4:30–5:30pm	Lap Swim/Water Walking (4 lanes)	Lap Swim/Water Walking (4 lanes)	Lap Swim/Water Walking (4 lanes)	Lap Swim/Water Walking (4 lanes)	Lap Swim/Water Walking (1–2 lanes) ----- Open / Family Swim 4:00 – 6:45pm	Pool CLOSES at 4:45pm	Pool CLOSES at 4:45pm
5:30 – 6:25pm	Water Aerobics (Shallow End & 1 lane)	Family Water Aerobics (Shallow End & 1 lane)	Water Aerobics (Shallow End & 1 lane)	Water Aerobics (Shallow End & 1 lane)			
6:30–8:45pm	Open/Family Swim	Open/Family Swim	Open/Family Swim	Open/Family Swim POOL CLOSES AT 7:50pm	Pool CLOSES at 6:45pm		

\*When no swim lessons are running, lap swimmers/water walkers may have more lane space.

EFFECTIVE IMMEDIATELY: All children must be supervised on deck if they cannot pass our swim test. Required to wear a Coast Guard Approved life jacket, puddle jumper or have a guardian 18 yrs or over in the water & within arms-reach at all times (if not wearing a flotation device).

Pool & pool deck space allow for a maximum of 25 people per lifeguard. If two lifeguards are not available, we may ask patrons to sit in the viewing area until pool and/or deck space opens up.

COLOR KEY CODE: ● Group Fitness (free) ● Lap Swim/Water Walking/Family Swim (free) ● Swim Lessons or Swim Team (fee-based)