



Pool Schedule
Columbus Family YMCA
August 1st - August 31st

3912 38th Street
Columbus, NE 68601
(402) 564-9477

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Lap/Exercise Swim Lap Pool 5:30am - 1pm	Lap/Exercise Swim Lap Pool 5:30am - 1pm	Lap/Exercise Swim Lap Pool 5:30am - 1pm	Lap/Exercise Swim Lap Pool 5:30am - 1pm	Lap/Exercise Swim Lap Pool 5:30am - 1pm		
	Warm Water Area Warm Water Pool 5:30am - 1pm	Warm Water Area Warm Water Pool 5:30am - 1pm	Warm Water Area Warm Water Pool 5:30am - 1pm	Warm Water Area Warm Water Pool 5:30am - 1pm	Warm Water Area Warm Water Pool 5:30am - 1pm		
		Aquacise Lap Pool 5:40am - 6:30am					
7am						Lap/Exercise Swim Lap Pool 7am - 1pm	
						Warm Water Area Warm Water Pool 7:30am - 11:30am	
8am	Aquacise Lap Pool 8:15am - 9am			Aquacise Lap Pool 8:15am - 9am			
9am					Aqua Zumba Lap Pool 9:15am - 10am		
12pm						Family Open Swim Lap Pool 12pm - 2pm	
1pm	Senior Swim Time Lap Pool 1:30pm - 2:30pm	Senior Swim Time Lap Pool 1:30pm - 2:30pm	Senior Swim Time Lap Pool 1:30pm - 2:30pm	Senior Swim Time Lap Pool 1:30pm - 2:30pm	Senior Swim Time Lap Pool 1:30pm - 2:30pm		
	Senior Swim Time Warm Water Pool 1:30pm - 2:30pm	Senior Swim Time Warm Water Pool 1:30pm - 2:30pm	Senior Swim Time Warm Water Pool 1:30pm - 2:30pm	Senior Swim Time Warm Water Pool 1:30pm - 2:30pm	Senior Swim Time Warm Water Pool 1:30pm - 2:30pm		
3pm	Warm Water Area Warm Water Pool 3pm - 7pm	Warm Water Area Warm Water Pool 3pm - 7pm	Warm Water Area Warm Water Pool 3pm - 7pm	Warm Water Area Warm Water Pool 3pm - 7pm	Warm Water Area Warm Water Pool 3pm - 7pm		
	Lap/Exercise Swim Lap Pool 3pm - 7pm	Lap/Exercise Swim Lap Pool 3pm - 7pm	Lap/Exercise Swim Lap Pool 3pm - 7pm	Lap/Exercise Swim Lap Pool 3pm - 7pm	Lap/Exercise Swim Lap Pool 3pm - 7pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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