

A Pool

Monday / Wednesday						Tuesday / Thursday						Friday							
A1	A2	A3	A4	A5	A6	A1	A2	A3	A4	A5	A6	A1	A2	A3	A4	A5	A6		
5:30-7:30	OPEN FITNESS		LAP	LAP		5:30-9:00	OPEN FITNESS		LAP	LAP	LAP	5:30-7:30	OPEN FITNESS		LAP	LAP			
7:30-9:00	Deep Water / Cardio Wet Style				LAP	9:00-10:00	Aqua Tai Chi				LAP	7:30-9:00	Deep Water / Cardio Wet Style				LAP		
9:00-10:00	Aqua Fitness										9:00-10:00	Aqua Fitness							
10:00-11:00	Lessons			LAP		10:00-11:00	Lessons		OPEN FIT			10:00-11:00	Lessons	OPEN FIT	LAP				
11:00-12:00	Arthritis Ease / Healthy Back / Lessons					11:00-12:00	Lessons	Timothy School				Arthritis Ease / Healthy Back							
12:00-1:00	OPEN REC			LAP	LAP	12:00-1:00	WET			LAP	LAP	12:00-12:30	OPEN REC		LAP	LAP	LAP		
1:00-2:00	Lessons		OPEN REC			1:00-2:00	Lessons		OPEN REC	LAP	12:30-3:00	LAP			LAP	Lesson			
2:00-3:00	OPEN REC		LAP	LAP	Lesson	2:00-3:00	OPEN REC		LAP	LAP	Lesson	3:00-3:30			LAP	LAP	LAP		
3:00-4:00			LAP	Lesson		3:00-4:00	OPEN REC		LAP	LAP	LAP	3:30-5:00			LAP	LAP	Lesson		
4:00-5:00	OPEN REC		LAP	Lesson		4:00-6:30	Lessons			OPEN REC		5:00-6:00			Team (Starts 9/13)				
5:00-6:00			Lesson	Team (Starts 9/13)		6:30-7:00	Deep Water	Lessons				6:00-7:00	Lesson	Team (Starts 9/13)					
6:00-7:00			Lesson		Team (Starts 9/13)		7:00-8:00	Aqua Fit / Deep Water				Lesson	7:00-7:30	OPEN REC	LAP	Lessons			
Monday Evening						8:00-9:00	OPEN REC		LAP			LAP	LAP	7:30-8:00	OPEN REC	LAP	Lesson	Lesson	
7:00-8:00	WET		Lessons			9:00-9:30	OPEN REC		LAP			LAP	LAP	8:00-8:30	OPEN REC	LAP	LAP	Lesson	
8:00-9:00	OPEN REC	LAP	Lesson	SCUBA		Saturday						8:30-9:30	OPEN REC	LAP	LAP	LAP			
9:00-9:30	OPEN REC		LAP	LAP	LAP	6:00-9:00	OPEN REC		LAP	LAP	LAP	Sunday							
Wednesday Evening						9:00-1:00	Lessons							8:00-1:00	OPEN REC		LAP	LAP	LAP
7:00-7:30	OPEN REC	Lessons									1:00-3:00	LAP	LAP	Lesson					
7:30-9:00	OPEN RECREATIONAL		Lesson	LAP	LAP	1:00-1:30	OPEN REC		LAP	Lessons		3:00-5:30	LAP	LAP			LAP		
9:00-9:30	OPEN REC		LAP			1:30-6:30	OPEN REC		LAP	LAP	LAP								

B Pool	Monday / Wednesday						Tuesday / Thursday						Friday						Saturday					
	1 2 3 4 5 6						1 2 3 4 5 6						1 2 3 4 5 6						1 2 3 4 5 6					
	5:30-7:30 MASTERS						5:30-4:30						5:30-7:30 MASTERS						6:00AM - 6:45PM					
	7:30-4:00 M LAP LAP LAP LAP LAP LAP						LAP LAP LAP LAP LAP LAP						7:30-4:00 LAP LAP LAP LAP LAP LAP						LAP LAP LAP LAP LAP LAP					
	7:30-3:30 W LAP LAP LAP LAP LAP LAP						LAP LAP LAP LAP LAP LAP						4:00 - 7:30 UMLY Swim Team						LAP LAP LAP LAP LAP LAP					
	4:00-8:30 M UMLY Swim Team						4:30-8:30 T UMLY Swim Team						7:30-9:45 LAP LAP LAP LAP LAP LAP						Sunday					
	3:30-8:30 W LAP LAP LAP LAP LAP LAP						4:30-8:00 R UMLY Swim Team						8:00-9:45 T LAP LAP LAP LAP LAP LAP						8:00-5:45 LAP LAP LAP LAP LAP LAP					
8:30 - 9:45 LAP LAP LAP LAP LAP LAP						8:00-9:45 R LAP LAP LAP LAP LAP LAP																		

50 Meter	Monday / Wednesday / Friday						Tuesday / Thursday						Saturday					
	1 2 3 4 5 6						1 2 3 4 5 6						1 2 3 4 5 6					
	7:00-9:30						7:00-4:00 T 7:00-3:30 R						7:00-6:45 pm					
	9:30-10:30 (Wed Only)						LAP LAP LAP LAP LAP LAP						LAP LAP LAP LAP LAP LAP					
	10:30-12:00						LAP LAP LAP LAP LAP LAP						Sunday					
	12:00 - 4:00						LAP LAP LAP LAP LAP LAP						8:00-9:00					
	4:00 - 6:00						LAP LAP LAP LAP LAP LAP						9:00-10:30					
6:00 - 7:00						LAP LAP LAP LAP LAP LAP						10:30 - 5:45						

Bubble / Lap Pool	Monday / Wednesday / Friday						Tuesday / Thursday						Saturday					
	1 2 3 4 5 6						1 2 3 4 5 6						1 2 3 4 5 6					
	5:30-7:00						5:30-7:00						6:00-8:00					
	7:00-10:00						7:00-3:00						8:00-1:00					
	10:00-11:00						3:00-6:30						2:00 -5:00					
	11:00 - 3:00						6:30-7:15						5:00-7:00					
	3:00-6:15						7:15-8:00						CLOSED					
	6:15-7:00 (Fri only)						8:00-9:00						OPEN REC					
	7:00-9:30						9:00-9:30						PARTY RENTALS					
													CLOSED					

Dear UMLY pool patrons,

Let me begin by thanking you for another great summer at the Upper Main Line YMCA pools. I hope that everyone enjoyed the opportunity to relax and have fun in the water while cooling down a little amidst the heat.

Our fall and winter seasons are now upon us. While starting a new session of swim lessons, fitness classes and swim team practice can be exciting, it also is a time that can stretch our patience as we squeeze into fewer and fewer pools.

Here in aquatics we are constantly attempting to offer the full aquatic experience to everyone at every possible time of the day. At certain times of the day this is a challenging task.

There are already a couple changes in place this fall and winter to help alleviate some of the pressure from the "squeeze". First, B pool will reopen for lap swim after swim team practice in the late evenings. Second, A pool (and the spa) will remain open until 9:30pm on the weeknights.

Thank you once again for choosing UMLY for your aquatic needs. Enjoy the fall!

-Jeremy Brown
Associate Aquatic Director