

**The Meese Family
Aquatic Center**



AQUATICS

Aquatic Camp Dates : June 27-July 1st July 11- 15th August 8-12th August 22-26 From 1-4 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM - 7:30 AM Lap Swim (5 Lanes)	6:00 AM - 8:00 AM Lap Swim (5 Lanes)	6:00 AM - 7:30 AM Lap Swim (5 Lanes)	6:00 AM - 8:00 AM Lap Swim (5 Lanes)	6:00 AM - 7:30 AM Open Swim Lap (Swim3 Lanes)	8:00 AM - 9:00 PM Open Swim Lap Swim (1-3 Lanes)	10:00 AM - 3:30 PM Open Swim Lap Swim (2-3 Lanes)	
7:30 AM—9:30 AM Lap Swim (1-2 Lanes) Fitness class	8:00 AM - 9:30 AM Lap Swim (1-2 Lanes) Fitness class	7:30 AM—9:30 AM Lap Swim (1-2 Lanes) Fitness class	8:00 AM - 9:30 AM Lap Swim (1-2 Lanes) Fitness class	7:30 AM—8:30 AM Lap Swim (1 Lane) Fitness class	9:00 AM - 11:00 am Therapeutic Swim Lap Swim (2-3)		
9:30 AM - 10:20 AM FITNESS CLASS ONLY	9:30 AM - 10:20 AM Fitness Class Therapeutic Swim	9:30 AM - 10:20 AM FITNESS CLASS ONLY	9:30AM - 10:20 AM Fitness Class Therapeutic Swim	8:30 AM - 9:30 AM Lap Swim (2 lanes) Fitness class	11:00 Am - 3:30 PM Family Swim Lap Swim (2-3 Lanes)		
10:30 AM - 12:00 PM Lessons NO Open Swim	10:30 AM - 12:00 PM Lessons NO Open Swim	10:30 AM - 12:00 PM Lessons NO Open Swim	10:30 AM - 12:00 PM Lessons NO Open Swim	9:30 AM - 10:30 AM Fitness Class Only	Summer Master Pool Schedule **This schedule is effective June 20—August 28, 2022**		
12:00 PM—1:00 PM Therapeutic Swim Lap Swim (2 - 3 Lanes)	12:00 PM—1:00 PM Therapeutic Swim Lap Swim (2 - 3 Lanes)	12:00 PM—1:00 PM Therapeutic Swim Lap Swim (2 - 3 Lanes)	12:00 PM—1:00 PM Therapeutic Swim Lap Swim (1-2 lanes)	10:30 AM—1:00 PM Therapeutic Swim Lap Swim (2-3 lanes)	Swim lesson schedules with class descriptions, aquatic fitness classes with schedule and descriptions and the master pool schedule are all available at our website.		
<p>*NOTE* THE NUMBER OF LAP LANES AVAILABLE FROM 1:00 PM TO 4:00 PM WILL VARY FROM NONE TO ONE DEPENDING ON THE SIZE OF THE CAMP IN THE POOL. SEE CAMP DATES ABOVE AND ON OTHER SIDE. LAP SWIMMING IS NOT GUARANTEED AT THESE TIMES.</p>							Non-swimming children must be accompanied by an adult member while in the pool.
1:00 PM - 4:00 PM Open Swim, Camps *Lap Swim*	1:00 PM - 4:00 PM Open Swim, Camps *Lap Swim*	1:00 PM - 4:00 PM Open Swim, Camps *Lap Swim*	1:00 PM - 4:00 PM Open Swim, Camps *Lap Swim*	1:00 PM - 4:00 PM Open Swim, Camps *Lap Swim*			
4:15 PM - 5:30 PM Open Swim, Lessons	4:15 PM - 5:30 PM Open Swim, Lessons	4:15 PM - 5:30 PM Open Swim, Lessons	4:15 PM - 5:30 PM Open Swim, Lessons	4:00 PM - 7:30 PM Open Swim Lap Swim (2-3 Lanes)			
5:30 PM - 6:30 PM Fitness class Open Swim Lap Swim (1-2 Lanes)	5:30 PM - 7:30 PM Open Swim Lap Swim (2 -3 Lanes)	5:30 PM - 6:30 PM Fitness class Open Swim, Lap Swim (2 - 3 Lanes)	5:30 PM - 7:30 PM Open Swim Lap Swim (2 - 3 Lanes)				
6:30 PM - 7:30PM Open Swim Lap Swim (2-3 Lanes)		6:30 PM - 7:30 PM Open Swim Lap Swim (2-3 Lanes)	Children under 13 must be accompanied by an adult or enrolled in a supervised program while at the YMCA.				

**PLEASE NOTE:
ALL SCHEDULES ARE SUBJECT
TO CHANGE FOR
SPECIAL EVENTS.**

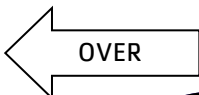


Revised 6/15/22



SUMMER LAP SWIMMING SCHEDULE 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM - 7:30 AM (3 lanes)	6:00 AM - 8:00 AM (3 lanes)	6:00 AM - 7:30 AM (3 lanes)	6:00 AM - 8:00 AM (3 lanes)	6:00 AM - 7:30 AM (3 lanes)	8:00 AM - 3:30 PM (2-3 lanes)	10:00 AM - 3:30 PM (2-3 lanes)
7:15 AM - 9:30 AM (2 lanes)	8:00 AM - 9:30 AM (2 lanes)	7:30 AM - 9:30 AM (2 lanes)	8:00 AM - 9:30 AM (2 lanes)	7:30 AM - 9:30 AM (2 lanes)	<p>*NOTE* - The number of lap lanes available from 1:00pm to 4:00pm will vary from <u>NONE</u> to <u>one</u> depending on the size of the camp in the pool. Lap swimming is not guaranteed at these times these weeks:</p> <p><u>SWIM CAMP SCHEDULES:</u></p> <p>June 27-July 1, 1:00-4:00p July 11-15, 1:00-4:00p Aug. 8-12, 1:00-4:00p Aug. 22-26, 1:00-4:00p</p> <p>Lap swim resumes at 5:30pm.</p>	
8:15-12:00	NO LAP SWIM	NO LAP SWIM	NO LAP SWIM	NO LAP SWIM		
12:00 PM—1:00 PM (2 lanes)	12:00 PM—1:00 PM (2 lanes)	12:00 PM—1:00 PM (2 lanes)	12:00 PM—1:00 PM (2 lanes)	10:30 AM—1:00 PM (2 lanes)		
1:00 PM—4:00 PM *NOTE*	*1:00 PM—4:00 PM* *NOTE*	*1:00 PM—4:00 PM* *NOTE*	*1:00 PM—4:00 PM* *NOTE*	*1:00 PM—4:00 PM* *NOTE*		
4:15—5:30	NO LAP SWIM	NO LAP SWIM	NO LAP SWIM			
5:30PM - 7:30 PM (2 lanes)	5:30 PM - 7:30 PM (2 Lanes)	5:30 PM - 7:30 PM (2 lanes)	5:30 PM - 7:30 PM (2 lanes)	4:00 PM - 7:30 PM (2 lanes)		



This schedule is effective
June 20 - August 28, 2022

Ashland Family YMCA
540 YMCA Way
Ashland, OR 97520
541-482-9622

PLEASE NOTE:
 ALL SCHEDULES ARE
 SUBJECT TO CHANGE FOR
 SPECIAL EVENTS.

Our pool schedule with open swim and lap swim times is also available online at www.ashlandymca.org