

Instructional Pool Schedule

North Austin YMCA

Updated: 5/7/24



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Pool Opens at 6:00am	Pool Opens at 6:00am	Pool Opens at 6:00am	Pool Opens at 6:00am	Pool Opens at 6:00am	Pool Opens at 8:00am
6:00 AM	Open Swim 6am-8am	Open Swim 6am-8am	Open Swim 6am-8am	Open Swim 6am-8am	Open Swim 6am-8am	Swim Lessons 8am-12pm
7:00 AM						
8:00 AM	Aqua Fit 8am-9am	Aqua Fit 8:30-9:30am	Aqua Fit 8am-9am	Aqua Fit 8:30am-9:30am	Aqua Fit 8am-9am	
9:00 AM	Open Swim 9am-4:30pm	Open Swim 9:30am-11am	Open Swim 9am-4:30pm	Open Swim 9:30am-11am	Open Swim 9am-7:45pm	
10:00 AM						
11:00 AM		11:15am-12pm Aqua Cardio		11:15am-12pm Aqua Cardio		
12:00 PM		12pm-1pm Aqua Tai Chi		12pm-1pm Aqua Tai Chi		
1:00 PM						
2:00 PM		Open Swim 1pm-4:30pm		Open Swim 1pm-4:30pm		
3:00 PM	Swim Lessons 4:30pm-8pm	Swim Lessons 4:30pm-7:30pm	Swim Lessons 4:30pm-8pm	Swim Lessons 4:30pm-7:30pm	Open Swim 12pm-6:45pm	
4:00 PM						
5:00 PM						
6:00 PM						
7:00 PM	Open Swim 8pm-8:45pm	Open Swim 7:30pm-8:45pm	Open Swim 8pm-8:45pm	Open Swim 7:30pm-8:45pm	Pool Closes at 6:45pm	
8:00 PM						
9:00 PM	Pool Closes at 8:45pm	Pool Closes at 8:45pm	Pool Closes at 8:45pm	Pool Closes at 8:45pm	Pool Closes at 7:45pm	

*Please note that all schedules are subject to change.