



July 2018 Pools

Please note that on occasion, due to circumstances beyond our control, there will be pool closures. Please refer to our FaceBook page for updates. You must be a current YMCA member to use pools, present your membership card & sign in at each pool. No guests, no reciprocal members are permitted. Thank you!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SUNY PARKING INFORMATION Please use Lot EC-5 for Laker Hall parking. A permit is not required.	2 LAKER 11:30am-12:30pm Aqua Fit 11:30am-1:00pm Adult Lap	3	4 YMCA CLOSED NO POOL	5	6 LAKER 11:30am-12:30pm Aqua Fit 11:30am-1:00pm Adult Lap	7
8	9 LAKER 11:30am-12:30pm Aqua Fit 11:30am-1:00pm Adult Lap	10	11 LAKER 11:30am-12:30pm Aqua Fit 11:30am-1:00pm Adult Lap	12	13 LAKER 11:30am-12:30pm Aqua Fit 11:30am-1:00pm Adult Lap	14
15	16 LAKER 11:30am-12:30pm Aqua Fit 11:30am-1:00pm Adult Lap	17	18 LAKER 11:30am-12:30pm Aqua Fit 11:30am-1:00pm Adult Lap	19	20 LAKER 11:30am-12:30pm Aqua Fit 11:30am-1:00pm Adult Lap	21
22	23 LAKER 11:30am-12:30pm Aqua Fit 11:30am-1:00pm Adult Lap	24	25 LAKER 11:30am-12:30pm Aqua Fit 11:30am-1:00pm Adult Lap	26	27 LAKER 11:30am-12:30pm Aqua Fit 11:30am-1:00pm Adult Lap	28
29	30 LAKER 11:30am-12:30pm Aqua Fit 11:30am-1:00pm Adult Lap	31	<p>Adult Lap Swim: Lap swim only for 18 years of age and older. Kickboards, fins & swim buoys are allowed.</p> <p>Aqua Fit: A class for everyone, especially for those with joint ailments. Get fit with this challenging water workout. Instructor: Sallye Glennen</p>			