



EMMA B. HOWE YMCA

LAP POOL SCHEDULE

December 1st-14th

No Reservation required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-8:00am Lap Swim (4) Open Swim (2)	5:00am-10:45am Lap Swim (4) Open Swim(2)	5:00am-8:00am Lap Swim (4) Open Swim (2)	5:00am-10:45am Lap Swim (4) Open Swim(2)	5:00am-8:00am Lap Swim (4) Open Swim (2)	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am
8:15am-9:00am Water Ex Class		8:15am-9:00am Water Ex Class		8:15am-9:00am Water Ex Class	7:00am-7:45am Lap Swim(6)	7:00am-4:45pm LapSwim(4) Open Swim(2)
9:15am-10:00am Water Ex Class		9:15am-10:00am WaterEx Class		9:15am-10:00am Water Ex Class	9:00am-11:30am	
10:15am-1:00pm Lap Swim(4) Open Swim(2)		10:15am-1:00pm Lap Swim(4) Open Swim(2)		10:15am-1:00pm Lap Swim(4) Open Swim (2)	Lap Swim(4) Swim Lessons(2)	
1:00-2:30 CLOSED		1:00-2:30 CLOSED		1:00-2:30 CLOSED	11:30am-4:45pm	
2:30pm-4:15pm Lap Swim(4) Open Swim(2)	2:00pm-4:15pm Lap Swim(4) Open Swim(2)	2:30pm-4:15pm Lap Swim(4) Open Swim(2)	2:30pm-5:15pm Lap Swim(4) Open Swim(2)			
4:15pm-6:15pm Lap Swim(5) Swim Lessons(1)	4:15pm-6:15pm Lap Swim(5) Swim Lesson(1)	4:15pm-6:15pm Lap Swim(5) Swim Lessons(2)	5:15pm-6:00pm * * Water EX Class (Adult only)(2) Lap Swim(4)	CLOSED 4:45pm-9:00pm	CLOSED 4:45pm-9:00pm	
			6:00pm-8:45pm Lap Swim(4) OpenSwim(2)			
6:15pm-8:45pm Lap Swim(4) Open Swim(2)	6:15-8:30pm Lap Swim(4) Open Swim(2) CLOSED	6:15pm-8:45pm LapSwim(4) OpenSwim(2)	CLOSED			

**No Slide during Water EX classes.



EMMA B. HOWE YMCA

LEISURE POOL SCHEDULE

December 1st-14th

No Reservation required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am
7:00am-8:15am Open Swim	7:00am-11:00am Open Swim	7:00am-8:15am Open Swim	7:00am-8:45am Open Swim	7:00am-8:15am Open Swim	CLOSED 7:00am-7:45am	CLOSED 7:00am-8:am
8:15am-9:00am Water Ex Class		8:15am-9:00am Water Ex Class	Open Swim	8:15am-9:00am Water Ex Class	8:00am-8:45am Water Ex Class	8:00am-4:45pm Open Swim
9:15am-10:00am Water Ex Class		9:15am-10:00am Water Ex Class	9:00am-10:15am Swim Lessons/ Deep Water Exercise(adultt only)	9:15am-10:00am Water Ex Class	8:45am-11:15am Swim Lessons/ Deep Water Exercise(Adultt Only)	
10:00am-11:am Open Swim		10:00am-11:00am Open Swim	11:00am-11:45pm Water Ex Class	10:15am-11:00am Water Vollyball (deep Leisure)/ Open Swim		
11:00am-1:00pm CLOSED	12:00pm-1:00pm WaterVolleyball /Open Swim	11:00am-1:00pm CLOSED	12:00pm-1:00pm WaterVolleyball /Open Swim	11:00am-1:00pm CLOSED		
1:00-2:30pm Deep Water Ex(Adultt Only)Open Swim	1:00pm - 2:00pm Deep Water Ex(adultt only)/Open Swim	1:00-2:30pm Deep Water Ex(Adultt Only)Open Swim	1:00pm - 2:00pm Deep Water Ex(adultt only)/Open Swim	1:00-2:30pm Deep Water Ex(Adultt Only)Open Swim	11:15am-4:45pm Open Swim	
2:30-4:15pm CLOSED	2:00pm-4:15pm CLOSED	2:30pm-4:15pm CLOSED	2:00pm-4:15pm CLOSED	2:30-4:15pm CLOSED		
4:15pm-6:15pm Swim Lessons/ Deep Water exercise(Adultt ONLY)	4:15pm-6:15pm Swim Lessons/ Deep Water exercise(Adultt Only)	4:15pm-6:15pm Swim Lessons/ Deep Water exercise(Adultt ONLY)	4:00pm-8:30pm Open Swim	4:15pm-8:45pm Open Swim	CLOSED 4:45pm-9:00pm	CLOSED 4:45pm-9:00pm
6:15-8:45pm Open Swim	6:15-8:30pm Lap Swim(4) Open Swim(2)	6:15-8:45pm Open Swim	CLOSED			
	CLOSED					

Attention:Slide will be turn on only with 3 lifeguards on duty.(EXCEPTION :DURING AQUA ZUMBA CLASS)

**No Slide during Water EX classes.



EMMA B. HOWE YMCA

LAP POOL SCHEDULE

December 15th-21st

No Reservation required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-8:00am Lap Swim (4) Open Swim (2)	5:00am-10:45am	5:00am-8:00am Lap Swim (4) Open Swim (2)	5:00am-10:45am Lap Swim (4) Open Swim(2)	5:00am-8:00am Lap Swim (4) Open Swim (2)	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am
8:15am-9:00am Water Ex Class		8:15am-9:00am Water Ex Class		8:15am-9:00am Water Ex Class	7:00am-7:45am Lap Swim(6)	7:00am-4:45pm LapSwim(4) Open Swim(2)
9:15am-10:00am Water Ex Class		9:15am-10:00am WaterEx Class		9:15am-10:00am Water Ex Class	8:00am-8:45am Water Ex Class	
10:15am-1:00pm Lap Swim(4) Open Swim(2)		11:00am-11:45am Water Ex Class		10:15am-1:00pm Lap Swim(4) Open Swim(2)	11:00am-11:45am Water Ex Class	
	12:00pm-2:00pm CLOSED	10:15am-1:00pm Lap Swim(4) Open Swim(2)	12:00pm-2:00pm CLOSED	9:00am-4:45pm		
1:00-2:30 CLOSED		1:00-2:30 CLOSED		1:00-2:30 CLOSED	Lap Swim(4) Open Swim(2)	
2:30pm-8:45pm Lap Swim(4) Open Swim(2)	2:00pm-8:30pm Lap Swim(4) Open Swim(2)	2:30pm-8:45pm Lap Swim(4) Open Swim(2)	2:00pm-8:30pm Lap Swim(4) Open Swim(2)	2:30pm-5:15pm Lap Swim(4) Open Swim(2)		
				5:15pm-6:00pm ** Water EX Class (Adult only)(2) Lap Swim(4)		
				6:00pm-8:45pm Lap Swim(4) OpenSwim(2)		
		CLOSED		CLOSED		CLOSED 4:45pm-9:00pm

**No Slide during Water EX classes.



EMMA B. HOWE YMCA

LEISURE POOL SCHEDULE

December 15th-21st

No Reservation required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am
7:00am-8:15am Open Swim	7:00am-11:00am Open Swim	7:00am-8:15am Open Swim	7:00am-11:00am Open Swim	7:00am-8:15am Open Swim	CLOSED 7:00am-7:45am	CLOSED 7:00am-8:am
8:15am-9:00am Water Ex Class		8:15am-9:00am Water Ex Class		8:15am-9:00am Water Ex Class	8:00am-8:45am Water Ex Class	8:00am-4:45pm Open Swim
9:15am-10:00am Water Ex Class		9:15am-10:00am Water Ex Class		9:15am-10:05am	8:45am-4:45pm Open Swim	
10:00am-11:am Open Swim		10:00am-11:00am Open Swim		10:15am-11:00am Water Vollyball (deep Leisure)/ Open Swim		
11:00am-1:00pm CLOSED		11:00am-1:00pm Water/Volleyball /Open Swim		11:00am-1:00pm CLOSED		
1:00-2:30pm Deep waterEx(Adult Only)/ Open Swim	1:00pm - 2:00pm Deep Water Ex(Adult Only)/ Open Swim	1:00-2:30pm Deep WaterEx(Adult Only)/ Open Swim	1:00pm-2:00pm Deep WaterEx (Adult only)/ Open Swim	1:00-2:30pm Deep Water Ex/ Open Swim		
2:30-4:00pm CLOSED	2:00pm-4:00pm CLOSED	2:00pm-4:00pm CLOSED	2:00pm-4:00pm CLOSED	2:30-4:00pm CLOSED	8:45am-4:45pm Open Swim	8:00am-4:45pm Open Swim
4:00pm-8:45pm Open Swim	4:00pm-8:30pm Open Swim	4:0pm-8:45pm Open Swim	4:00pm-8:30pm Open Swim	4:15pm-8:45pm Open Swim		
			CLOSED			

Attention:Slide will be turn on only with 3 lifeguards on duty.(EXCEPTION :DURING AQUA ZUMBA CLASS)

**No Slide during Water EX classes.



EMMA B. HOWE YMCA

LAP POOL SCHEDULE

December 22nd-28th

No Reservation required

*ATTENTION:EMMA B. HOWE YMCA WILL BE CLOSED ON Christmas DAY(12/25/2024)

Monday	Tuesday	*Wednesday	Thursday	Friday	Saturday	Sunday		
5:00am-8:00am Lap Swim (4) Open Swim (2)	5:00am-7:00am	5:00am-8:45 CLOSED	5:00am-10:45am Lap Swim (4) Open Swim(2)	5:00am-8:00am Lap Swim (4) Open Swim (2)	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am		
	8:15am-9:00am Water Ex Class			7:00am-12:00pm Lap Swim(4) Open Swim(2)	8:15am-9:00am Water Ex Class	7:00am-7:45am Lap Swim(6)	7:00am-4:45pm LapSwim(4) Open Swim(2)	
9:15am-10:00am Water Ex Class					9:15am-10:00am Water Ex Class	8:00am-8:45am Water Ex Class		
10:15am-8:45pm Lap Swim(4) Open Swim(2)	12:00pm-8:30pm CLOSED		11:00am-11:45am Water Ex Class	10:15am-5:15pm Lap Swim(4) Open Swim (2)	9:00am-4:45pm Lap Swim(4) Open Swim(2)			
			12:00pm-8:30pm Lap Swim(4) Open Swim(2)			5:15pm-6:00pm ** Water EX Class (Adult only)(2) Lap Swim(4)		
				CLOSED	6:00pm-8:45pm Lap Swim(4) OpenSwim(2)	CLOSED 4:45pm-9:00pm		CLOSED 4:45pm-9:00pm

**No Slide during Water EX classes.



EMMA B. HOWE YMCA

LEISURE POOL SCHEDULE

December 22nd-28th

No Reservation required

*ATTENTION:EMMA B. HOWE YMCA WILL BE CLOSED ON Christmas DAY(12/25/2024)

Monday	Tuesday	*Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-8:30pm	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am
7:00am-8:15am Open Swim	7:00am-12:00pm Open Swim		7:00am-11:00am Open Swim	7:00am-8:15am Open Swim	CLOSED 7:00am-7:45am	CLOSED 7:00am-8:am
8:15am-9:00am Water Ex Class				8:15am-9:00am Water Ex Class	8:00am-8:45am Water Ex Class	8:00am-4:45pm Open Swim
9:15am-10:00am Water Ex Class				9:15am-10:00am Water Ex Class	8:45am-4:45pm Open Swim	
10:00am-1:00pm Open Swim	10:15am-11:15am Water vollyball(Deep Leisure)/Open Swim		11:15am-1:00pm Open Swim			
	11:00am-11:45pm Water Ex Class			12:00pm-1:00pm WaterVolleyball /Open Swim		
1:00-2:30pm Deep waterEx(Adult Only)/ Open Swim	12:00pm-8:30pm CLOSED		1:00pm-2:00pm Deep Water Ex (Adult only)/ Open Swim	1:00-2:30pm Deep Water Ex/ Open Swim	CLOSED 4:45pm-9:00pm	
2:30-8:45pm Open Swim			2:00pm-8:30pm Open Swim	2:30-8:45pm Open Swim		
						CLOSED

Attention:Slide will be turn on only with 3 lifeguards on duty.(EXCEPTION :DURING AQUA ZUMBA CLASS)

**No Slide during Water EX classes.



EMMA B. HOWE YMCA

LAP POOL SCHEDULE

December 29th- January 4th

No Reservation required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-8:00am Lap Swim (4) Open Swim (2)	5:00am-7:00am CLOSED	5:00am-7:00am CLOSED		5:00am-8:00am Lap Swim (4) Open Swim (2)	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am
		7:00am-8:00am Lap Swim(4) Open Swim(2)			7:00am-7:45am Lap Swim(6)	
8:15am-9:00am Water Ex Class	7:00am-10:45am Lap Swim(4) Open Swim(2)	8:15am-9:00am Water Ex Class	5:00am-10:45am Lap Swim (4) Open Swim(2)	8:15am-9:00am Water Ex Class	8:00am-8:45am Water Ex Class	
9:15am-10:00am Water Ex Class		9:15am-10:00am Water Ex Class		9:15am-10:00am Water Ex Class		
	11:00am-11:45am Water Ex Class		11:00am-11:45am Water Ex Class	10:15am-1:00pm Lap Swim(4) Open Swim (2)		7:00am-4:45pm LapSwim(4) Open Swim(2)
		10:15am-5:00pm Lap Swim(4) OpenSwim(2)	12:00pm-2:00pm CLOSED	1:00-2:30 CLOSED	9:00am-4:45pm	
	12:00pm-5:00pm LapSwim(4) OpenSwim(2)			2:30pm-5:15pm Lap Swim(4) Open Swim(2)		
			2:00pm-8:30pm Lap Swim(4) Open Swim(2)	5:15pm-6:00pm ** Water EX Class (Adult only!)(2) Lap Swim(4)		
10:15am-8:45 pm Lap Swim(4) Open Swim(2)				6:00pm-8:45pm Lap Swim(4) OpenSwim(2)	CLOSED 4:45pm-9:00pm	CLOSED 4:45pm-9:00pm
	CLOSED	CLOSED	CLOSED			

**No Slide during Water EX classes.



EMMA B. HOWE YMCA

LEISURE POOL SCHEDULE

December 29th-January 4th

No Reservation required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am	CLOSED 5:00am-7:00am
7:00am-8:15am Open Swim		7:00am-8:15am Open Swim		7:00am-8:15am Open Swim	CLOSED 7:00am-7:45am	CLOSED 7:00am-8:am
8:15am-9:00am Water Ex Class	7:00am-10:45am Open Swim	8:15am-9:00am Water Ex Class	7:00am-11:00am Open Swim	8:15am-9:00am Water Ex Class	8:00am-8:45am Water Ex Class	
9:15am-10:00am Water Ex Class		9:15-10:00 Water Ex Class(deep)/Open Swim		9:15am-10:00am Water Ex Class		
10:00am-1:00pm Open Swim	11:00am-11:45am Water Ex class(deep)/ Open Swim	10:00am-1:00pm Open Swim	11:00am-11:45pm Water Ex Class	10:15am-11:00am Water Volleyball (deep Leisure)/ Open Swim		
	12:00pm-1:00pm WaterVolleyball /Open Swim		12:00pm-1:00pm WaterVolleyball /Open Swim	11:00am-1:00pm CLOSED		
1:00-2:30pm Deep waterEx(Adult Only)/ Open Swim	1:00pm - 2:00pm Deep Water Ex(Adult Only)/ Open Swim	1:00-2:30pm Deep WaterEx(Adult Only)/ Open Swim	1:00pm-2:00pm Deep Water Ex (Adult only)/ Open Swim	1:00-2:30pm Deep Water Ex/ Open Swim	8:45am-4:45pm Open Swim	8:00am-4:45pm Open Swim
			2:00pm-4:00pm CLOSED	2:30-4:00pm CLOSED		
	2:00pm-5:00pm Open Swim	2:00pm-5:00pm Open Swim				
2:30-8:45pm Open Swim			4:00pm-8:30pm Open Swim	4:00pm-8:45pm Open Swim		
	CLOSED	CLOSED			CLOSED 4:45pm-9:00pm	CLOSED 4:45pm-9:00pm
			CLOSED			

Attention:Slide will be turn on only with 3 lifeguards on duty.(EXCEPTION :DURING AQUA ZUMBA CLASS)

**No Slide during Water EX classes.