



MONETT AREA YMCA AQUATIC SCHEDULE

UPDATED: January 1, 2023

| HOUR | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | HOUR | |
|--------|--------|---|--|---|---|---|---|--|--------|
| 5-6a | CLOSED | Lap Swim Open Exercise | Lap Swim Open Exercise | Lap Swim Open Exercise | Lap Swim Open Exercise | Lap Swim Open Exercise | CLOSED | 5-6a | |
| 6-7a | | | | | | | | 6-7a | |
| 7-8a | | | | | | | | 7-8a | |
| 8-9a | | Lap Swim Open Exercise Water Workout (8:15-9:15) | Lap Swim Water Walking Open Exercise | Lap Swim Open Exercise Water Workout (8:15-9:15) | Lap Swim Water Walking Open Exercise | Lap Swim Open Exercise Water Workout (8:15-9:15) | Lap Swim Open Exercise Water Walking | 8-9a | |
| 9-10a | | Lap Swim Open Exercise Water Walking | Lap Swim Water Walking Open Exercise Champion Athletes (9:30-10:30) | Open Exercise Lap Swim Water Walking 9:15AM | Lap Swim Water Walking Open Exercise | Lap Swim Open Exercise Water Walking | Lessons Swim Team Lap Swim Open Exercise | 9-10a | |
| 10-11a | | Lap Swim Open Exercise Family Swim | Lap Swim Open Exercise Water Walking Splash Pads | Lap Swim Open Exercise Family Swim | Lap Swim Open Exercise Water Walking Splash Pads | Lap Swim Open Exercise Family Swim | | 10-11a | |
| 11-12p | | Lap Swim Open Exercise Water Walking Senior Splash | Lap Swim Open Exercise Splash Pads Water Walking Aqua Zumba | Lap Swim Open Exercise Water Walking Senior Splash | Lap Swim Open Exercise Splash Pads Water Walking Aqua Zumba | Lap Swim Open Exercise Family Swim Senior Splash | | Lap Swim Open Exercise Adaptive Swim | 11-12p |
| 12-1p | | Lap Swim Open Exercise | Lap Swim Open Exercise | Lap Swim Open Exercise | Lap Swim Open Exercise | Lap Swim Open Exercise | Lap Swim Open Exercise | Lap Swim Open Exercise Open/Play | 12-1p |
| 1-2p | | Lap Swim Open Exercise Open/Play | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | | 1-2p |
| 2-3p | | Close at 4:30p | | | | | | | 2-3p |
| 3-4p | 3-4p | | | | | | | | |
| 4-5p | CLOSED | Lap Swim Open Exercise Open/Play | Lap Swim Open Exercise Open/Play | Lap Swim Open Exercise Open/Play | Lap Swim Open Exercise Open/Play | Lap Swim Open Exercise Open/Play | Lap Swim Open Exercise Open/Play | 4-5p | |
| 5-6p | | Swim Team Lap Swim Water Workout | Lessons Lap Swim Open Exercise Water Workout | Swim Team Lap Swim | Lessons Swim Team Lap Swim Water Workout | | | 5-6p | |
| 6-7p | | | Lap Swim Open Exercise | | | Swim Team Lap Swim Open Exercise | Swim Team Lap Swim Open Exercise | CLOSED | 6-7p |
| 7-8p | | | Lap Swim Open Exercise | 7-8p | | | | | |
| 8-9p | | Swim Team Lap Swim Open Exercise | Lap Swim Open Exercise | Swim Team Lap Swim Open Exercise | Swim Team Lap Swim Open Exercise | Lap Swim Open Exercise | 8-9p | | |

*** High School Swim Team practices M-F until 5pm.

MONETT AREA YMCA

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orymca.org/monett

Check Facebook, Instagram, oryymca.org, or call 417-235-8213

 = access to the Leisure Pool is open.

Lap Swim = Lane/s are available

Open Exercise = Access to Main Pool for Aerobic Exercise

Family Swim = Leisure and Splash Pad open

Open/Play = Rock Wall, Diving Area, Slides and Splash Pad are open

Adaptive Swim = For individuals with special needs

Water Walking = Water current in leisure pool will be on