



## Pool Schedule 4.7-5.18

Fergus Falls YMCA  
1164 N. Friberg Ave.  
Fergus Falls, MN 56537  
(218) 739-4489

*Please note that all classes are subject to change due to demand and participation. For the most up-to-date schedule, please view our mobile app or visit our website. For your safety, it is recommended you consult your physician prior to starting any exercise program. \*Due to LG staff shortages, classes may be combined or cancelled.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6am	Lap Swim (4 lanes) 5:30am-7am	Lap Swim (4 lanes) 5:30am-7am	Lap Swim (4 lanes) 5:30am-7am	Lap Swim (4 lanes) 5:30am-7am	Lap Swim (4 lanes) 5:30am-7am	NO LAP OR OPEN SWIM			
7am	Lap Swim (4 lanes) 7am-7:55am	Splash and Groove & Lap Swim (2 lanes) 7am-7:45am	Lap Swim (4 lanes) 7am-7:55am	Splash and Groove & Lap Swim (2 lanes) 7am-7:45am	Lap Swim (4 lanes) 7am-7:55am			Lap Swim (4 lanes) 6:30am-7:45am	
8am	Rise and Grind Water Fitness* 8am-9am	Lap Swim (2 lanes) & Independent Adult Water Exercise 8:00am-9:25am **	Rise and Grind Water Fitness* 8am-9am	Lap Swim (2 lanes), Independent Adult Water Exercise & Swim lessons 8:00am-9:25am **	Rise and Grind Water Fitness* 8am-9am			Safety Break	
9am								Swim Lessons 8-10:15 NO LAP OR OPEN SWIM	
10am	Aqua Fun & Fit* 9:15am-10:15am	Aqua Energy 9:30am-10:30am <small>Pool open 10:30-10:45</small>	Aqua Fun & Fit* 9:15am-10:15am	Aqua Energy 9:30am-10:30am <small>Pool open 10:30-10:45</small>	Aqua Fun & Fit* 9:15am-10:15am				
11am	Independent Adult Water Exercise & Open Swim-Limited 10:15a-11:15a <small>Safety Break</small>	Safety Break  Lap Swim (4 lanes) 11am-12:30pm	Independent Adult Water Exercise & Open Swim-Limited 10:15a-11:15a <small>Safety Break</small>	Safety Break  Lap Swim (4 lanes) 11am-12:30pm	Independent Adult Water Exercise & Open Swim-Limited 10:15a-11:15a <small>Safety Break</small>			Open Swim & Lap Swim (1 lane) 10:15am-3pm	
12pm	Lap Swim (4 lanes) 11:30am-12:30pm	Lap Swim (4 lanes) 11:30am-12:30pm	Lap Swim (4 lanes) 11:30am-12:30pm	Lap Swim (4 lanes) 11:30am-12:30pm	Lap Swim (4 lanes) 11:30am-12:30pm				
2-4pm	Lap Swim (2 lanes) and Open Swim+ 12:30 pm-2pm	Lap Swim (2 lanes) and Open Swim+ 12:30 pm-2pm	Lap Swim (2 lanes) and Open Swim+ 12:30 pm-2pm	Lap Swim (2 lanes) and Open Swim+ 12:30 pm-2pm	Lap Swim (2 lanes) and Open Swim+ 12:30 pm-2pm				
4pm	POOL CLOSED 2pm-4pm	POOL CLOSED 2pm-4pm	POOL CLOSED 2pm-4pm	POOL CLOSED 2pm-4pm	POOL CLOSED 2pm-4pm			Safety Break	
5pm	Swim lessons & Lap Swim (1 lane) 4pm-5:15pm	Swim lessons & Lap Swim (2 lane) 4pm-6:15pm	Swim Lessons & Lap Swim (1 lane) 4pm-5:15pm	Swim lessons & Lap Swim (1 lane) 4pm-6:15pm	Open swim & Lap Swim (2 lanes) 4pm-6:15pm			Open Swim & Lap Swim (1 lane) 1:45pm-5pm	
6pm	Aqua Energy & Swim lessons (NO LAP SWIM) 5:15-6:15p	Swim lessons & Lap Swim (2 lane) 5:15pm-6:15pm	Aqua Energy & Swim lessons (NO LAP SWIM) 5:15-6:15p	Swim lessons & Lap Swim (1 lane) 5:15pm-6:15pm		Lap Swim (2 lanes) & Open Swim 5pm-6pm			
7pm	Safety Break	Safety Break	Safety Break	Safety Break		Safety Break			
8pm	Open swim & Lap Swim (2 lanes) 6:30pm-8:00pm	Open swim & Lap Swim (2 lanes) 6:30pm-8:00pm	Open swim & Lap Swim (2 lanes) 6:30pm-8:00pm	Open swim & Swim lessons (2 lanes)6:30-7 Lap Swim (2 lanes) 7pm-8:00pm	Open swim & Lap Swim (2 lanes) 6:30pm-7:30pm				

Space may be limited as we work to serve as many members as possible.  
Pool safety breaks allow the Lifeguard a break and to remove/put in lane lines.  
**NO Open Swim during Swim Lessons .**  
Pool will close at 5 pm on the following Sundays: 4/28 \*\*Pool will be closed 5 minutes prior to programming.