



YMCA AT ESSENTIA WELLNESS CENTER

Main Pool Schedule: Feb 25th - April 6th

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
LAP SWIM (4) 5:15a - 7:45a	LAP SWIM (4) 5:15a-7:50a	LAP SWIM (4) 5:15a-9:00a	LAP SWIM (4) 5:15a-7:50a	LAP SWIM (4) 5:15a - 5:00p	LAP SWIM (4) 7:15a-9:15a	LAP SWIM (4) 9:15a-12:00p
AQUA ZUMBA 8:00a - 8:45a	WATER AEROBICS 8:00a-8:45a	LAP SWIM (2) 9:00a-12:00p	WATER AEROBICS 8:00a-8:45a	LAP SWIM (2) 5:00p - 7:00p	SWIM LESSONS (2) 9:15a-11:30a	LAP SWIM (2) 12:00p-3:00p
SWIM LESSON: SHALLOW 9:00-11:00a	SWIM LESSON: SHALLOW 9:30a - 11:30a	SWIM LESSONS (2) 9:00a-11:25a	LAP SWIM (4) 9:00a - 4:15p	OPEN SWIM (2) 5:00p - 7:00p	LAP SWIM (2) 9:15a-3:00p	OPEN SWIM (2) 12:00p-3:00p
LAP SWIM (4) 9:00a - 3:45p	LAP SWIM (4) 9:00a - 3:45p	WATER AEROBICS 12:15p - 1:00p	SWIM LESSONS (2) 4:15p - 6:30p		OPEN SWIM (2) 11:30p-3:00p	
SAW LESSONS: SHALLOW 3:45p-4:15p	SWIM LESSONS (2) 3:45p - 6:00p	LAP SWIM (4) 1:15p - 4:15p	LAP SWIM (2) 4:15p - 6:30p			
SWIM LESSONS (3) 4:15p - 7:30p	LAP SWIM (2) 4:15p - 6:00p	SWIM LESSONS (3) 4:15p - 7:30p	LAP SWIM (4) 6:30p - 8:30p			
LAP SWIM (1) 3:45p - 7:30p	LAP SWIM (4) 6:00p-8:30p	LAP SWIM (1) 4:15p - 7:30p			This schedule is subject to change! For the most up-to-date schedule, please check online.	
LAP SWIM (4) 7:30p - 8:30p		LAP SWIM (4) 7:30p - 8:30p				

Resistance River Schedule: Feb 25th - April 6th

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
OPEN (18+) 5:15a-11:00a	OPEN (18+) 5:15a-11:00a	OPEN (18+) 5:15a-11:00a	OPEN (18+) 5:15a-11:00a	OPEN (18+) 5:15a-11:00a	OPEN (ALL) 7:15a-9:30a	OPEN (ALL) 9:15a-3:00p
OPEN (ALL) 11:00a-3:45p	OPEN (ALL) 11:00a- 3:45p	OPEN (ALL) 11:00a-4:15p	OPEN (ALL) 11:00a-4:15p	OPEN (ALL) 11:00a - 7:00p	CLOSED 9:30a-11:30a	
CLOSED 3:45p-7:00p	CLOSED 3:45p - 6:00p	CLOSED 4:15p-7:00p	CLOSED 4:15p - 6:30p		OPEN (ALL) 11:30a-3:00p	
OPEN (ALL) 7:00p-8:30p	OPEN (ALL) 6:00p - 8:30p	OPEN (ALL) 7:00p-8:30p	OPEN (ALL) 6:30p - 8:30p			



YMCA AT ESSENTIA WELLNESS CENTER

Therapy Pool Schedule: Feb 25th - April 6th

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
OPEN 5:15a-9:00a	OPEN 5:15a-12:00p	OPEN 5:15a-9:00a	OPEN 5:15a-12:00p	OPEN 5:15a - 12:00p	OPEN 7:15a-9:30a	OPEN 9:15a-3:00p
SWIM LESSONS 9:00a-9:45a	ESSENTIA THERAPY 12:00p-3:00p	SWIM LESSONS 9:00a-9:45a	ESSENTIA THERAPY 12:00p-3:00p	ESSENTIA THERAPY 12:00p - 3:00p	SWIM LESSONS 9:30a-10:00a	
OPEN 9:45a-12:00p	OPEN 3:00p-8:30p	OPEN 9:45a-12:00p	OPEN 3:00p-4:15p	OPEN 3:00p - 7:00p	OPEN 10:00a-3:00p	
ESSENTIA THERAPY 12:00p-3:00p		ESSENTIA THERAPY 12:00p-3:00p	SWIM LESSONS 4:15p-5:00p			
OPEN 3:00p-4:15p		OPEN 3:00p-4:15p	OPEN 5:00p-8:30p			
SWIM LESSONS 4:15p-5:40p		SWIM LESSONS 4:15p-5:40p				
OPEN 5:40p-8:30p		OPEN 5:40p-8:30p				

Splash Pad: Feb 25th - April 6th

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
TOT TIME 9:00a - 11:00a	TOT TIME 9:00a - 11:00a	TOT TIME 9:00a - 11:00a	TOT TIME 9:00a - 11:00a	TOT TIME 9:00a - 11:00a	TOT TIME 9:00a - 12:30p	OPEN 11:00a - 3:00p
				OPEN 5:00p - 7:00p	OPEN 12:30p - 2:00p	

Spa will be closed
every Thursday morning
for routine maintenance and cleaning

If you have any questions regarding the schedule please check online or contact our Aquatics Director at 218-241-8008 ext 524 or email at icarroll@duluthymca.org