


Effective January 1st

Prevention Park YMCA

Pool Schedule

Questions or Comments:
Contact Sunshine Stacy
(502) 875-9276 x 107

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walk & Jog 8:30-9:30am	Water Walk & Jog 8:30-9:30am	Water Walk & Jog 8:30-9:30am	Water Walk & Jog 8:30-9:30am	Water Walk & Jog 8:30-9:30am	Aqua Fitness 9:00am-10:00am Open Swim Swim Lessons Half Pool Only 10:30am-12pm Open Swim 10:00am-2:00pm Pool Rentals* 2:00-3:00pm Open Swim 3:00-5:00pm <small>*If there is no pool rental, it is open swim. Please ask the front desk for weekly schedule.</small>  <small>We build strong kids, strong families, strong communities.</small>	<i>Pool Opens 1pm</i> Open Swim 1:00-2:00pm Pool Rentals* 2:00-3:00pm Open Swim 3:00-5:00pm
Lap Swim & Adult Open 9:30-11:00am	Adult Open 9:30-10am Aqua Circuit 10:00-10:45am	Lap Swim & Adult Open 9:30-11:00am	Adult Open 9:30-10am Twinges in the Hinges 10:00-10:45am	Lap Swim & Adult Open 9:30-11:00am		
Aqua Fitness 11:00am-12:00pm	Adult Open 11:00am-12:00pm	Aqua Intervals 11:00am-12:00pm	Adult Open 11:00am-12:00pm	Aqua Fitness 11:00am-12:00pm		
Open Swim 12:00-1:00pm	Open Swim 12:00-2:00pm	Open Swim 12:00-2:00pm	Open Swim 12:00-2:00pm	Open Swim 12:00-1:00pm		
Stewart Home 1:00-2:00pm				Stewart Home 1:00-2:00pm		
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed		
Open Swim 4:00-5:00pm	Open Swim 4:00-5:30pm	Open Swim 4:00-5:00pm	Open Swim 4:00-5:30pm	Open Swim 4:00-5:30pm		
Swim Lessons 5:00-7:00pm	Arthritis Plus 5:30-6:15pm	Swim Lessons 5:00-7:00pm	Arthritis Plus 5:30-6:15pm	Family Swim 5:30-8:30pm		
Family Swim 7:00-8:30pm	Family Swim 6:15-8:30pm	Family Swim 7:00-8:30pm	Family Swim 6:15-8:30pm			

**Only participants of the designated program are allowed in the pool during scheduled times. **

Prevention Park YMCA
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Frankfort, KY 40601
(502) 875-9276
www.frankfortymca.org