

# Oneida Y Pool Schedule



## October 2020– Reopening Date– TBA

Monday	
5:30-6:30am (15 min. sanitize)	Lap Swim
6:45-7:45am (15 min. sanitize)	Lap Swim
8-8:45am	Shallow Water Aerobics With Diana
8:45-9:15am	Pool Area & Locker Rooms Sanitized
9:15-10:45am (15 min sanitize)	Pre/Post Therapy Independent Exercise
3-3:45pm (15 min. sanitize)	Lap Swim
4-4:45pm (15 min. sanitize)	Deep Water Aerobics With Diana
5-8pm	Swim Team

Tuesday	
5:30-6:15am (15 min. sanitize)	Hydrospin With Molly
6:30-7:15am (15 min. sanitize)	Lap Swim
7:30-8:15am (15 min. sanitize)	Lap Swim
8:30-9:15am (15 min. sanitize)	Lap Swim
9:30-10am (15 min. sanitize)	Open Swim Same Household/Individual
10-10:45am (15 min. sanitize)	Open Swim Same Household/Individual
3:30-5:30pm	Swim Team
5:30-6pm	Pool Area & Locker Rooms Sanitized
6-6:45pm (15 min. sanitize)	AquaZumba With Brian
7-8pm	Open Swim Same Household/Individual

Wednesday	
5:30-6:30am (15 min. sanitize)	Lap Swim
6:45-7:45am (15 min. sanitize)	Lap Swim
8-8:45am	Deep Water Aerobics With Diana Henry
8:45-9:15am	Pool Area & Locker Rooms Sanitized
9:15-10:45am (15 min sanitize)	Pre/Post Therapy Independent Exercise
3-3:45pm (15 min. sanitize)	Lap Swim
4-4:45pm (15 min. sanitize)	Shallow Water Aerobics With Diana Henry
5-8pm	Swim Team

Thursday	
5:30-6:15am (15 min. sanitize)	Hydrospin With Molly
6:30-7:15am (15 min. sanitize)	Lap Swim
7:15-8am	Lap Swim
8-8:45am (15 min. sanitize)	Shallow Water Aerobics With Diana
9-9:45am (15 min. sanitize)	Open Swim Same Household/Individual
10-10:45am (15 min. sanitize)	Open Swim Same Household/Individual
3:30-5:30	Swim Team
5:30-6	Pool Area & Locker Rooms Sanitized
6-8	Open Swim Same Household/Individual

Friday	
5:30-6:30am (15 min. sanitize)	Lap Swim
6:45-7:45am (15 min. sanitize)	Lap Swim
8-8:45am	AquaZumba With Brian Carroll
8:45-9:15am	Pool Area & Locker Rooms Sanitized
9:15-10:45am (15 min sanitize)	Pre/Post Therapy (Independent Exercise)
3-3:45pm (15 min. sanitize)	Lap Swim
4-4:45pm (15 min. sanitize)	Lap Swim
5-5:45pm (15 min. sanitize)	Hydrospin With Diana Henry
6-8pm	Swim Team

Saturday	
7-7:45am (15 min. sanitize)	Lap Swim
8-8:45am (15 min. sanitize)	Lap Swim
9-9:45am	Open Swim Same Household/Individual

- Swim Team Start Dates are pending– Open Swim will be available during these times until an official Swim Team State Date is announced on our Website, Facebook and Mobile App.

- Reservations must be made in advance of attending programs, lap swim or open swim. You can reserve your time up to 36 hours in advance by booking through the YMCA Mobile App, Website or by calling the Oneida Y Front Desk 315-363-7788.
- Reservation times must be followed. The pool will be closed between reservation and class times for sanitizing.
- The schedule and hours of operation are subject to change.
- Masks are required at all times on the pool deck and throughout the facility. You may remove your mask when entering the water, but put it back on when you exit.
- Social distancing is required in and out of the pool.
- One person or household per changing zone.

