



YMCA of Rapid City

8-Lane Pool

9/9/24 - 9/13/24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
5:30 AM							
6:00 AM	Open EX Lap Swim Lap Swim 5:00AM - 9:00AM	Open EX Lap Swim Lap Swim 5:00AM - 9:00AM	Open EX Lap Swim Lap Swim 5:00AM - 9:00AM	Open EX Lap Swim Lap Swim 5:00AM - 9:00AM	Open EX Lap Swim Lap Swim 5:00AM - 9:00AM		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Open EX Lap Swim 4:00PM - 6:00PM	Open EX Lap Swim 4:00PM - 6:00PM	Open EX Lap Swim 4:00PM - 6:00PM	Open EX Lap Swim 4:00PM - 6:00PM	Open EX Lap Swim 4:00PM - 6:00PM		
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							

Schedule subject to change without notice.

Open Exercise/Free Swim: Participants may use exercise equipment for its intended purpose in the program area by ramp. Availability Limited

Lap Swim: Continuous swimming, any age allowed.

Please follow all posted pool rules, these rules are in place for the safety of our members and guests.

Anyone not abiding by the rules may be asked to leave.



YMCA of Rapid City
 Family Pool
 9/2/24 - 9/6/24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
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1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM		Open Swim 4:00 - 6:00 pm	Open Swim 4:00 - 6:00 pm	Open Swim 4:00 - 6:00 pm	Open Swim 4:00 - 6:00 pm		
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							

Schedule subject to change without notice.

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YMCA of Rapid City
8-Lane Pool
9/16/24 - 9/29/24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Open Exercise Lap Swim 5:00AM - 7:30PM		Open Exercise Lap Swim 5:00AM - 7:30PM				
5:30 AM							
6:00 AM							
6:30 AM	Aqua Rock 8:30 - 9:30am		Aqua Rock 8:30 - 9:30am				
7:00 AM							
7:30 AM							
8:00 AM	Open Exercise Lap Swim 5:00 AM - 7:30 PM		Open Exercise Lap Swim 5:00AM - 7:30 PM		Open Exercise Lap Swim 5:00AM - 7:30PM	Open EX Lap Swim 7AM - 2PM	Open Exercise Lap Swim 10:00AM - 3:30PM
8:30 AM							
9:00 AM							
9:30 AM	5:00AM - 7:30PM Open Exercise Lap Swim		Open Exercise Lap Swim 5:00AM - 7:30PM				
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
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6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							

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YMCA of Rapid City
Family Pool
 9/16/24 - 9/29/24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
5:30 AM							
6:00 AM							
6:30AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM		Range of Motion Class 10:00-11:00am		Range of Motion Class 10:00-11:00am			
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							Open Swim 11:30am - 1:30pm
12:30 PM		Open Swim 12:00 - 2:00pm		Open Swim 12:00 - 2:00pm	Open Swim 12:00 - 2:00pm	Open Swim 12:00 - 2:00pm	
1:00 PM			Open Swim 12:00 - 3:00pm				
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Open Swim 4:00 - 6:00pm	Open Swim 4:00 - 6:00pm		Open Swim 4:00 - 6:00pm	Open Swim 4:00 - 6:00pm		
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							

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