|-------|-----------------------------------------------|----------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|
| Lap Swim | 5:15am-6:00am 
Staff 
OPEN LAP/SWIM | Lap Swim | 5:15am-6:00am 
Staff 
OPEN LAP/SWIM | Open Swim | 10:00am-11:00am 
Staff 
OPEN LAP/SWIM | Lap Swim | 5:15am-7:59am 
Staff 
OPEN LAP/SWIM | Open Swim | 10:00am-11:00am 
Staff 
OPEN LAP/SWIM |
|       | 6:00am-7:00am 
Staff 
OPEN LAP/SWIM | 7:00am-8:00am 
Staff 
OPEN LAP/SWIM | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM | Lap Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM |
|       | 8:00am-9:00am 
Staff 
OPEN LAP/SWIM | Open Swim | 8:00am-9:00am 
Staff 
OPEN LAP/SWIM | Lap Swim | 9:00am-10:00am 
Staff 
OPEN LAP/SWIM | Lap Swim | 9:00am-10:00am 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM |
|       | 9:00am-10:00am 
Staff 
OPEN LAP/SWIM | Lap Swim | 9:00am-10:00am 
Staff 
OPEN LAP/SWIM | Open Swim | 10:00am-11:00am 
Staff 
OPEN LAP/SWIM | Open Swim | 10:00am-11:00am 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM |
|       | Open Swim | 10:00am-11:00am 
Staff 
OPEN LAP/SWIM | Open Swim | 10:00am-11:00am 
Staff 
OPEN LAP/SWIM | Open Swim | 10:00am-11:00am 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM |
|       | Open Swim | 11:00am-12:00pm 
Staff 
OPEN LAP/SWIM | Open Swim | 10:00am-11:00am 
Staff 
OPEN LAP/SWIM | Open Swim | 10:00am-11:00am 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM |
|       | Open Swim/Open Lap Swim | Lap Swim | 12:00pm-1:00pm 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM |
|       | Open Swim | 3:15pm-4:00pm 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM |
|       | Open Swim | 4:00pm-5:00pm 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM | Open Swim | 5:00pm-6:00pm 
Staff 
OPEN LAP/SWIM |
|       | Open Swim | 5:00pm-6:00pm | Open Swim | 5:00pm-6:00pm | Open Swim | 5:00pm-6:00pm | Open Swim | 5:00pm-6:00pm |

**High Ridge YMCA**
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00pm-7:00pm</td>
<td>Open Swim</td>
</tr>
<tr>
<td>7:00pm-8:00pm</td>
<td>Open Swim/Open Lap Swim</td>
</tr>
<tr>
<td>8:00pm-9:30pm</td>
<td>Lap Swim</td>
</tr>
</tbody>
</table>