FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE

January 2018

All Times Subject to Change

MONDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- Lap Swim
- 5:30-6:30am Masters
- 5:00-9:30: Lap Swim (1-2); Lap Swim (3-5); Lap Swim (6)
- 8:30-9:30am Aqua Fitness (All Levels)
- 9:30-1:00: Lap Swim (1-2); 10-10:30am YMCA Program (3-5); Lap Swim (3-5); 11:15am-12:15pm Pre-Masters; Lap Swim (3-5); Lap Swim (6)
- 1:00-4:00: Adult Lap Swim (18+) (1); 2:30-4pm Community Partner (2-6)
- 4:00-7:00: 4-5pm YMCA Program (1); Lap Swim (2-5); 5-7pm YMCA Program Swim Lessons (1); Adult Lap (18+) (2); 5-7pm YMCA Program Swim Lessons (3-5)
- 7:00-9:30: 7-8pm Aqua Zumba (1); Adult Lap (18+) (2); 7-8pm YMCA Program (3-5); Lap Swim (1-2); 8-9:30pm Community Partner (3-5)

TUESDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- Lap Swim
- 5:30-6:30am Masters
- 5:00-9:30: Lap Swim (1-2); Lap Swim (3-5); Lap Swim (6)
- 8:30-9:30am Aqua Fitness-Mixed Depth
- 9:30-1:00: Lap Swim (1-6)
- 1:00-4:00: 4-5pm Community Partner (3-5)
- 4:00-7:00: 5-7pm YMCA Program Swim Lessons (1-2); Adult Lap (18+) (3); 5-7pm YMCA Program Swim Lessons (4-5)
- 7:00-9:30: 7-8pm YMCA Program (1); Adult Lap (18+) (2); 7-8pm YMCA Program Swim Lessons (3-5); 8-8:30pm YMCA Program (1-2); Adult Lap (18+) (3); 8-9:30pm Community Partner (4-5)

WEDNESDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- Lap Swim (1-2); Lap Swim (3-6)
- 6:30-8am Community Partner (3-5); Lap Swim (3-5)
- 5:00-9:30: Lap Swim (6)
- 8:30-9:30am Aqua Fitness (All Levels)
- 9:30-1:00: Laps (1-2); 10-10:30am YMCA Program (1-2); Lap Swim (3-5); 11:15am-12:15pm Pre-Masters; Lap Swim (3-5); Lap Swim (6)
- 1:00-4:00: Adult Lap Swim (18+) (1); 2:30-4pm Community Partner (2-6)
- 4:00-7:00: 4-5pm YMCA Program (1); Lap Swim (2-5); 5-7pm YMCA Program Swim Lessons (1); Adult Lap (18+) (2); 5-7pm YMCA Program Swim Lessons (3-5)
- 7:00-9:30: 7-8pm Aqua Fitness (All Levels) (1); Adult Lap (18+) (2); 7-8pm YMCA Program (3-5); Lap Swim (1-2); 8-9:30pm Community Partner (3-5)

THURSDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- Lap Swim
- 5:30-6:30am Masters
- 5:00-9:30: Lap Swim (1-2); Lap Swim (3-5); Lap Swim (6)
- 8:30-9:30am Aqua Fitness-Mixed Depth
- 9:30-1:00: Lap Swim (1-6)
- 1:00-4:00: 4-5pm Community Partner (3-5)
- 4:00-7:00: 5-7pm YMCA Program Swim Lessons (1-2); Adult Lap Swim (18+) (3); 5-7pm YMCA Program Swim Lessons (4-5)
- 7:00-9:30: 7-8pm YMCA Program (1); Adult Lap (18+) (2); 7-8pm YMCA Program Swim Lessons (3-5); 8-8:30pm YMCA Program (1-2); Adult Lap Swim (18+) (3); 8-9:30pm Community Partner (4-5)

FRIDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- Lap Swim
- 5:30-6:30am Masters
- 5:00-9:30: Lap Swim (1-2); Lap Swim (3-5); Lap Swim (6)
- 8:30-9:30am Aqua Fitness (All Levels)
- 9:30-1:00: Lap Swim (1-6)
- 1:00-4:00: Lap Swim (1-6)
- 4:00-7:00: 4-7pm YMCA Program Swim Lessons (1-2); Lap Swim (3-4); Adult Lap (18+) (5); 4-7pm YMCA Program Swim Lessons (6)
- 7:00-9:30: Lap Swim (1-4); Adult Lap (18+) (5-6)

SATURDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- Pool Opens at 7am
- Lap Swim (1); Lap Swim (2); Adult Lap (18+) (3); Adult Lap (18+) (4); Adult Lap (18+) (5); Lap Swim (6)
- 8am-1pm YMCA Program Swim Lessons (1-2); Adult Lap (18+) (3); 8am-1pm YMCA Program Swim Lessons (4-6)
- 1-1:50pm Rec Swim*
- 2-2:50pm Rec Swim*
- Lap Swim (1); Lap Swim (2); Lap Swim (3)
- 4-4:50pm Rec Swim*
- 5-5:50pm Rec Swim*
- 6-6:50pm Rec Swim*
- 7-7:30pm Rec Swim*
- Lap Swim (4-6)
- Pool closes at 7:30pm

SUNDAY

Lap Lanes: 1 | 2 | 3 | 4 | 5 | 6

- Pool Opens at 7am
- Lap Swim (1); Lap Swim (2); Adult Lap Swim (18+) (3); Adult Lap Swim (18+) (4); Adult Lap Swim (18+) (5); Adult Lap Swim (18+) (6)
- 8-10am YMCA Program Swim Lessons (1-3)
- 10-11am YMCA Program (1); Lap Swim (2-3)
- 11am-12pm YMCA Program (1-3)
- 12-12:50pm Rec Swim*
- 1-2pm Rec Swim*
- 2:30-3:20pm Community Swim A*
- 3:30-4:20pm Community Swim B*
- 4:30-5:20pm Community Swim C*
- Community Lap Swim (4-6)
- Pool closes at 5:30pm

Updated 12/24/2017