FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE

APRIL 2018

All Times Subject to Change

MONDAY

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

- 5am – 8am: Lap Swim (1)
- 5:30–6:30am Masters: Lap Swim (2–5)
- 6am – 8am: Lap Swim (2–5)
- 8:30–9:30am Aqua Fitness-All Levels: Lap Swim (6)
- 9am – 10am: Lap Swim (3–5)
- 10am – 11am: Lap Swim (1–2)
- 11:15am–12:15pm Pre-Masters: Lap Swim (3–5)
- 12pm – 1pm: Lap Swim (3–5)
- 1pm – 2pm: Lap Swim (2–5)
- 2pm – 3pm: Adult Lap Swim (14+) (1–2)
- 3pm – 4pm: Lap Swim (2–5)
- 4–7pm YMCA Program Swim Lessons: Lap Swim (1)
- 4pm – 5pm: Adult Lap (14+) (3)
- 5–7pm YMCA Program Swim Lessons: Lap Swim (3–5)
- 5pm – 6pm: Lap Swim (3–5)
- 6pm – 7pm: Lap Swim (3–5)
- 7–8pm Aqua Zumba: Lap Swim (1–2)
- 7pm – 8pm: Lap Swim (3–5)
- 8pm – 9pm: Lap Swim (1–2)

TUESDAY

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

- 5am – 8am: Lap Swim (1)
- 5:30–6:30am Masters: Lap Swim (2–5)
- 6am – 8am: Lap Swim (2–5)
- 8:30–9:30am Aqua Fitness-Mixed Depth: Lap Swim (6)
- 9am – 11am: Lap Swim (1–2)
- 11:15am–12:15pm Pre-Masters: Lap Swim (3–5)
- 12pm – 2pm: Lap Swim (1–2)
- 2pm – 3pm: Lap Swim (3–5)
- 3pm – 4pm: Lap Swim (1–2)
- 4–7pm YMCA Program Swim Lessons: Lap Swim (3)
- 4pm – 5pm: Adult Lap Swim (14+) (4)
- 4–5pm Community Partner: Lap Swim (5)
- 5–7pm YMCA Program Swim Lessons: Lap Swim (6)
- 5pm – 7pm: Lap Swim (1–2)
- 7–8pm YMCA Program: Lap Swim (3–5)
- 7pm – 8pm: Adult Lap (14+) (1); YMCA Prog (2); Adult Lap (14+) (3); Lap Swim (4–5)
- 8pm – 9pm: Adult Lap Swim (14+) (4); Lap Swim (1–2, 5)

WEDNESDAY

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

- 5am – 8am: Lap Swim (1–5)
- 8:30–9:30am Aqua Fitness-All Levels: Lap Swim (6)
- 9am – 10am: Lap Swim (3–5)
- 10am – 11am: Lap Swim (1–2)
- 11:15am–12:15pm Pre-Masters: Lap Swim (3–5)
- 12pm – 2pm: Lap Swim (1–2)
- 2pm – 3pm: Adult Lap Swim (14+) (1–2)
- 3pm – 4pm: Lap Swim (3–5)
- 4–7pm YMCA Program Swim Lessons: Lap Swim (1)
- 4pm – 5pm: Lap Swim (2–5)
- 5–7pm YMCA Program Swim Lessons: Lap Swim (6)
- 5pm – 7pm: Adult Lap Swim (14+) (3–4); Lap Swim (1–2, 5–6)
- 7–8pm Aqua Fitness (All Levels): Lap Swim (1–2)
- 7pm – 8pm: Lap Swim (3–5)
- 8pm – 9pm: Lap Swim (1–2)

THURSDAY

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

- 5am – 8am: Lap Swim (1)
- 5:30–6:30am Masters: Lap Swim (2–5)
- 6am – 8am: Lap Swim (2–5)
- 8:30–9:30am Aqua Fitness-Mixed Depth: Lap Swim (6)
- 9am – 11am: Lap Swim (1–2)
- 11:15am–12:15pm Pre-Masters: Lap Swim (3–5)
- 12pm – 2pm: Lap Swim (1–2)
- 2pm – 3pm: Lap Swim (3–5)
- 3pm – 4pm: Adult Lap Swim (14+) (2)
- 4–7pm YMCA Program Swim Lessons: Lap Swim (1)
- 4pm – 5pm: Lap Swim (3–5)
- 4–5pm Community Partner: Lap Swim (6)
- 5–7pm YMCA Program Swim Lessons: Lap Swim (3–5)
- 5pm – 7pm: Lap Swim (1–2, 6)
- 7–8pm YMCA Program: Lap Swim (3–5)
- 7pm – 8pm: Adult Lap (14+) (1); YMCA Prog (2); Adult Lap (14+) (3); Lap Swim (4–5)
- 8pm – 9pm: Adult Lap Swim (14+) (4); Lap Swim (1–2, 5)

FRIDAY

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

- 5am – 8am: Lap Swim (1)
- 5:30–6:30am Masters: Lap Swim (2–5)
- 6am – 8am: Lap Swim (2–5)
- 8:30–9:30am Aqua Fitness-All Levels: Lap Swim (6)
- 9am – 11am: Lap Swim (3–5)
- 11:15am–12:15pm Pre-Masters: Lap Swim (1–2)
- 12pm – 2pm: Lap Swim (1–2)
- 2pm – 3pm: Lap Swim (3–5)
- 3pm – 4pm: Lap Swim (1–2)
- 4–7pm YMCA Program Swim Lessons: Lap Swim (1)
- 4pm – 5pm: Lap Swim (3–5)
- 4–7:15pm YMCA Program Swim Lessons: Lap Swim (6)
- 5pm – 7pm: Adult Lap Swim (14+) (1–2); Lap Swim (3–5)
- 7–8:15pm Community Partners: Lap Swim (3–5)
- 7pm – 8pm: Lap Swim (1–2)
- 8pm – 9pm: Lap Swim (1–2)

SATURDAY

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

- Pool opens at 6am *beginning on April 7th
- 7:30–12pm YMCA Program Swim Lessons: Lap Swim (1–2)
- Adult Lap (14+) (3)
- 8–12pm YMCA Program Swim Lessons: Lap Swim (4–6)
- 12–12:50pm Rec Swim*
- 1–1:50pm Rec Swim*
- 2–2:50pm Rec Swim*
- 3–3:50pm Rec Swim*
- 4–4:50pm Rec Swim*
- 5–5:50pm Rec Swim*
- 6–7:30pm Rec Swim*
- Lap Swim (3–6)
- Pool closes at 7:30pm

SUNDAY

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

- Pool opens at 6am *beginning April 8th
- 7:45–12am YMCA Program Swim Lessons: Lap Swim (1–3)
- Adult Lap Swim (14+) (4–6)
- 12–12:50pm Rec Swim*
- 1–2pm Rec Swim*
- Lap Swim (1)
- Lap Swim (2–6)
- 2:30–3:20pm Community Swim A*
- 3:30–4:20pm Community Swim B*
- 4:30–5:20pm Community Swim C*
- Community Lap Swim (2–6)
- Pool closes at 5:30pm

*NOTE: SWIM LESSONS BEGIN ON THE SECOND WEEK OF APRIL, MONDAY APRIL 9TH. Updated 3/26/2018