FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE

OCTOBER 2018

All Times Subject to Change

MONDAY

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

- 5am–6:30am: Lap Swim (lanes 1–4); 5:30–6:30am Masters (lanes 5–6)
- 6am–8:30am: Lap Swim (lanes 1–5); Lap Swim (lane 6)
- 8:30–9:30am: Aqua Fitness-All Levels (lanes 1–4); Lap Swim (lanes 5–6)
- 9am–11:15am: Lap Swim (lanes 1–2); Lap Swim (lanes 3–4); Lap Swim (lanes 5–6)
- 11:15am–12:15pm: Pre-Masters (lanes 3–6)
- 12pm–2pm: Lap Swim (lanes 1–2); Lap Swim (lanes 3–6)
- 2:45–4pm: Adult Lap Swim (14+) (lane 1); Community Partner (lanes 2–6)
- 4–7pm: YMCA Program Swim Lessons (lanes 1–2); Adult Lap (14+) (lanes 3–4); Lap Swim (lanes 5–6); YMCA Program Swim Lessons (lanes 5–6)
- 7–8pm: Aqua Zumba (lanes 1–2); YMCA Program (lanes 5–6)
- 8–9:30pm: Lap Swim (lanes 1–2); Community Partner (lanes 5–6)

TUESDAY

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

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

WEDNESDAY

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

- 5am–6:30am: Lap Swim (lanes 1–2); Lap Swim (lanes 3–6)
- 6:30–8am: **Community Partner (lanes 3–4)
- 8:30–9:30am: Aqua Fitness-All Levels (lanes 1–4); Lap Swim (lanes 5–6)
- 9am–11:15am: Lap Swim (lanes 1–2); Lap Swim (lanes 3–4); Lap Swim (lanes 5–6)
- 11:15am–12:15pm: Pre-Masters (lanes 3–6)
- 12pm–2pm: Lap Swim (lanes 1–2); Lap Swim (lanes 3–6)
- 2:45–4pm: Adult Lap Swim (14+) (lane 1); Community Partner (lanes 2–6)
- 4–7pm: YMCA Program Swim Lessons (lanes 1–2); Adult Lap Swim (14+) (lanes 3–4); Lap Swim (lanes 5–6); YMCA Program Swim Lessons (lanes 5–6)
- 7–8pm: Aqua Fitness (All Levels) (lanes 1–2); YMCA Program (lanes 3–6)
- 8–9:30pm: Lap Swim (lanes 1–2); Community Partner (lanes 5–6)

THURSDAY

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

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

FRIDAY

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

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

SATURDAY

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

- 5am–6am: Pool opens at 6am
- 6am–7:30pm: Lap Swim (lanes 1–3); Lap Swim (lanes 4–6); 7:30–12pm YMCA Program Swim Lessons (lanes 1–2); Adult Lap (14+) (lane 3); 8–11am YMCA Program Swim Lessons (lanes 4–6)
- 12–12:50pm: Rec Swim* (lanes 1–2); Lap Swim (lanes 3–6)
- 1–1:50pm: Rec Swim* (lanes 1–2); Lap Swim (lanes 3–6)
- 2–2:50pm: Rec Swim* (lanes 1–2); Lap Swim (lanes 3–6)
- 3–3:50pm: Rec Swim* (lanes 1–2); Lap Swim (lanes 3–6)
- 4–4:50pm: Rec Swim* (lanes 1–2); Lap Swim (lanes 3–6)
- 5–5:50pm: Rec Swim* (lanes 1–2); Lap Swim (lanes 3–6)
- 6–7:30pm: Rec Swim* (lanes 1–2); Lap Swim (lanes 3–6)
- 7:30pm–close: Pool closes at 7:30pm

SUNDAY

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

- 5am–6am: Pool opens at 6am
- 6am–7:45am: Lap Swim (lanes 1–6)
- 7:45–11am: YMCA Program Swim Lessons (lanes 1–3); Adult Lap Swim (14+) (lanes 4–6)
- 12–12:50pm: Rec Swim* (lanes 1–3); Lap Swim (lanes 4–6)
- 1–2pm: Rec Swim* (lanes 1–3); Lap Swim (lanes 4–6)
- 2–2:30pm: Lap Swim (lanes 1–6)
- 2:30–3:20pm: Community Swim A* (lanes 1–3); Lap Swim (lanes 4–6)
- 3:30–4:20pm: Community Swim B* (lanes 1–3); Lap Swim (lanes 4–6)
- 4:30–5:20pm: Community Swim C* (lanes 1–3); Lap Swim (lanes 4–6)
- 5:30pm–close: Pool closes at 5:30pm