FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE

JANUARY 5–31, 2019

All Times Subject to Change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Lap Lanes 1 2 3 4 5 6	Lap Lanes 1 2 3 4 5 6	Lap Lanes 1 2 3 4 5 6	Lap Lanes 1 2 3 4 5 6	Lap Lanes 1 2 3 4 5 6	Lap Lanes 1 2 3 4 5 6	Lap Lanes 1 2 3 4 5 6	
5am	Lap Swim; Lap Swim	Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim	Pool opens at 6am	Pool opens at 6am	5am
	5:30-6:30am Masters	5:30-6:30am Masters		5:30-6:30am Masters	5:30-6:30am Masters			
6am	Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim	6am
7am			6:30-8am Community Partner					7am
8am	8:30-9:30am Aqua Fitness-All Levels	8:30-9:30am Aqua Fitness-Mixed Depth	8:30-9:30am Aqua Fitness-All Levels	8:30-9:30am Aqua Fitness-Mixed Depth	8:30-9:30am Aqua Fitness-All Levels	8-12pm *YMCA Program Swim Lessons	7:45-11am *YMCA Program Swim Lessons	8am
9am	Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim	Adult Lap (14+); 8-11am *YMCA Program Swim Lessons	Adult Lap Swim (14+); Lap Swim	9am
10am								10am
11am	11:15am-12:15pm Pre-Masters		11:15am-12:15pm Pre-Masters		11:15am-12:15pm Pre-Masters			11am
12pm	Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim; Lap Swim	Lap Swim; Lap Swim; Lap Swim; Lap Swim	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	12-12:50pm Rec Swim; 1-2pm Rec Swim; Lap Swim; 2:30-3:20pm *Community Swim A; 3:30-4:20pm *Community Swim B; 4:30-5:20pm *Community Swim C	12pm
1pm								1pm
2pm	Adult Lap Swim (14+); 2:45-4pm Community Partner		Adult Lap Swim (14+); 2:45-4pm Community Partner					2pm
3pm								3pm
4pm	4-7pm *YMCA Program Swim Lessons	4-7pm *YMCA Program Swim Lessons; Adult Lap Swim (14+); 4-5pm Community Partner	4-7pm *YMCA Program Swim Lessons	4-7pm *YMCA Program Swim Lessons; Adult Lap Swim (14+); 4-5pm Community Partner	4-7:15pm *YMCA Program Swim Lessons; Adult Lap Swim (14+)	Pool closes at 7:30pm	*Community Lap Swim	4pm
5pm	Lap Swim; 5-7pm *YMCA Program Swim Lessons	5-7pm *YMCA Program Swim Lessons	Lap Swim; 5-7pm *YMCA Program Swim Lessons	5-7pm *YMCA Program Swim Lessons	4-7:15pm *YMCA Program Swim Lessons			5pm
6pm							Pool closes at 5:30pm	6pm
7pm	7-8pm Aqua Zumba	Adult Lap (14+); 7-8pm *YMCA Program	7-8pm Aqua Fitness (All Levels)	Adult Lap (14+); 7-8pm *YMCA Program	7:15-8:15pm Community Partner			7pm
8pm	Lap Swim; 8-9:30pm Community Partner	*YMCA Prog; Adult Lap (14+); Lap Swim; 8-9:30pm Community Partner	Lap Swim; 8-9:30pm Community Partner	*YMCA Prog; Adult Lap (14+); Lap Swim; 8-9:30pm Community Partner	Lap Swim			8pm
9pm								9pm

* Registration is required - see Member Services for information.

Update 12/20/2018]