FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE

MARCH 2018

All Times Subject to Change

MONDAY

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

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

TUESDAY

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

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

WEDNESDAY

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

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

THURSDAY

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

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

FRIDAY

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

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

SATURDAY

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

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

SUNDAY

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

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

Updated 3/8/2018