the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE

APRIL 2019

All Times Subject to Change

Sunday, April 21: Facility closed on Easter Day.
April 1-4, April 6-12: No swim lessons.
Lanes previously reserved for swim lessons are for Lap Swim.
April 13: Swim lessons begin.

MONDAY

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

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

TUESDAY

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

- 5am – 6am: Lap Swim
- 6am – 7am: 5:30-6:30am Masters
- 7am – 8am: Lap Swim
- 8am – 9am: 8:30-9:30am Aqua Fitness-Mixed Depth
- 9am – 10am: Lap Swim
- 10am – 11am: Lap Swim
- 11am – 12pm: Lap Swim
- 12pm – 1pm: Lap Swim
- 1pm – 2pm: Lap Swim
- 2pm – 3pm: Lap Swim
- 3pm – 4pm: Adult Lap Swim (14+)
- 4pm – 5pm: 4-7pm *YMCA Program Swim Lessons
- 5pm – 6pm: 4:15-5:15pm Community Partner
- 6pm – 7pm: 5:15-7pm *YMCA Program Swim Lessons
- 7pm – 8pm: Adult Lap (14+)
- 8pm – 9pm: *YMCA Prog

WEDNESDAY

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

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

THURSDAY

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

- 5am – 6am: Lap Swim
- 6am – 7am: 5:30-6:30am Masters
- 7am – 8am: Lap Swim
- 8am – 9am: 8:30-9:30am Aqua Fitness-Mixed Depth
- 9am – 10am: Lap Swim
- 10am – 11am: Lap Swim
- 11am – 12pm: Lap Swim
- 12pm – 1pm: Lap Swim
- 1pm – 2pm: Lap Swim
- 2pm – 3pm: Lap Swim
- 3pm – 4pm: Adult Lap Swim (14+)
- 4pm – 5pm: 4-7pm *YMCA Program Swim Lessons
- 5pm – 6pm: 4:15-5:15pm Community Partner
- 6pm – 7pm: 5:15-7pm *YMCA Program Swim Lessons
- 7pm – 8pm: Adult Lap (14+)
- 8pm – 9pm: *YMCA Prog

FRIDAY

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

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

SATURDAY

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

- 5am – 6am: Pool opens at 6am
- 6am – 7am: Lap Swim
- 7am – 8am: Lap Swim
- 8am – 9am: 8-9:05am * Swim Lessons
- 9am – 10am: Lap Swim
- 10am – 11am: Lap Swim
- 11am – 12pm: 12-12:50pm Rec Swim
- 12pm – 1pm: 1-1:50pm Rec Swim
- 1pm – 2pm: 2-2:50pm Rec Swim
- 2pm – 3pm: 3-3:50pm Rec Swim
- 3pm – 4pm: 4-4:50pm Rec Swim
- 4pm – 5pm: 5-5:50pm Rec Swim
- 5pm – 6pm: 6-7:30pm Rec Swim
- 6pm – 7pm: Lap Swim
- 7pm – 8pm: Lap Swim
- 8pm – 9pm: Pool closes at 7:30pm

SUNDAY

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

- 5am – 6am: Pool opens at 6am
- 6am – 7am: Lap Swim
- 7am – 8am: Lap Swim
- 8am – 9am: Lap Swim
- 9am – 10am: Lap Swim
- 10am – 11am: Lap Swim
- 11am – 12pm: 12-12:50pm Rec Swim
- 12pm – 1pm: 1-2pm Rec Swim
- 1pm – 2pm: Lap Swim
- 2pm – 3pm: 2:30-3:20pm *Community Swim A
- 3pm – 4pm: 3:30-4:20pm *Community Swim B
- 4pm – 5pm: 4:30-5:20pm *Community Swim C
- 5pm – 6pm: *Community Lap Swim
- 6pm – 7pm: Pool closes at 5:30pm
- 7pm – 8pm: Pool closes at 5:30pm
- 8pm – 9pm: Pool closes at 5:30pm

* Registration is required - see Member Services for information.

Update 3/14/2019]