FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE

JUNE 24 – SEPTEMBER 2, 2019

All Times Subject to Change

Morning lessons begin June 24 (two-week sessions through Aug 29).
July lessons run July 5 – Aug 1.
Aug lessons run Aug 2 – Aug 29.

When Swim Lessons are in not in session, reserved lanes are for Lap Swim.

No lessons on July 4th (Facility closed).
No lessons Aug 30 – Sep 2nd Labor Day Weekend.

MONDAY

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

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

TUESDAY

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

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

WEDNESDAY

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

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

THURSDAY

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

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

FRIDAY

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

- 5am–5:30am: Lap Swim (lanes 1, 6)
- 5:30–6:30am Masters (lanes 2–5)
- 6am–8:30am: Lap Swim (lanes 1, 6)
- 8:30–9:30am Aqua Fitness-All Levels (lanes 1–5)
- 9am–11:15am: Lap Swim (lanes 4–5)
- 11:15am–12:15pm Pre-Masters (lanes 4–5)
- 12pm–4pm: Lap Swim (lanes 1–3)
- 4–6:05pm *YMCA Program Swim Lessons (lanes 1–2)
- 4–6:05pm *YMCA Program Swim Lessons (lanes 3–5)
- 6:05pm–7:15pm: Lap Swim (lanes 4–5)
- 7:15–8:15pm Community Partners (lanes 4–5)
- 8pm–9pm: Lap Swim (lanes 4–5)
- Adult Lap Swim (14+) (lane 3)

SATURDAY

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

- 5am–6am: Pool opens at 6am
- 6am–8am: Lap Swim (lanes 1–2)
- 8–12pm *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)
- 1–1:50pm Rec Swim (lanes 1–2)
- 2–2:50pm Rec Swim (lanes 1–2)
- 3–3:50pm Rec Swim (lanes 1–2)
- 4–4:50pm Rec Swim (lanes 1–2)
- 5–5:50pm Rec Swim (lanes 1–2)
- 6–7:30pm Rec Swim (lanes 1–2)
- 8am–7:30pm: Lap Swim (lanes 3–6)
- Pool closes at 7:30pm (lanes 1–2)

SUNDAY

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

- 5am–6am: Pool opens at 6am
- 6am–8am: Lap Swim (lanes 1–3)
- 7:45–11am *YMCA Program Swim Lessons (lanes 1–3)
- 8am–11:50pm: Lap Swim (lanes 4–6)
- 11–11:50pm Rec Swim (lanes 1–2)
- 12–12:50pm Rec Swim (lanes 1–2)
- 1–2pm Rec Swim (lanes 1–2)
- Lap Swim (lanes 1–2)
- 2:30–3:20pm *Community Swim A (lane 1)
- 3:30–4:20pm *Community Swim B (lane 1)
- *4:30–5:20pm Community Swim C (lane 1)
- *Community Lap Swim (lanes 2–6)
- Pool closes at 5:30pm (lanes 1–2)

Updated 6/4/2019