

LAP POOL SCHEDULE: 10/31/2022- 12/23/2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM- 9:00 AM LAP SWIM (Lap L1-2-3-4-5) (WW L6)	5:00 AM-9:00 AM LAP SWIM (Lap L1-2-3-4-5) (WW L6)	5:00 AM- 9:00 AM LAP SWIM (Lap L1-2-3-4-5) (WW L6)	5:00 AM-9:00 AM LAP SWIM (Lap L1-2-3-4-5) (WW L6)	5:00 AM- 9:00 AM LAP SWIM (Lap L1-2-3-4-5) (WW L6)	7:00 AM- 8:00 AM SWIM TEAM (Lap L1-2-3) (WW NA)	7:00 AM- 10:00 AM LAP SWIM (Lap L1-2-3-4-5) (WW L6)
9:00 AM- 10:00 AM WATER FITNESS CLASSES (Lap L1) (WW NA)	9:00 AM- 11:00 AM SOCIAL SPLASH (Lap L1-2-3) (WW NA)	9:00 AM- 10:00 AM WATER FITNESS CLASSES (Lap L1) (WW NA)	9:00 AM- 10:00 AM WATER FITNESS CLASSES (Lap L1) (WW NA)	9:00 AM- 10:00 AM WATER FITNESS CLASSES (Lap L1) (WW NA)	8:00 AM- 9:00 AM SWIM TEAM (Lap L3) (WW NA)	10:00 AM -12:00 PM SWIM LESSONS (Lap L 2-3- 4-5) (WW L6)
10:00 AM- 11:00 AM SOCIAL SPLASH (Lap L1-2-3) (WW NA)	11:00 AM- 3:30 PM LAP SWIM (Lap L1-2-3-4-5) (WW L6)	10:00 AM- 11:00 AM WATER FITNESS/ SWIM LESSON CLASSES (Lap L 2) (WW NA)	10:00 AM- 11:00 AM SOCIAL SPLASH (Lap L1-2-3) (WW NA)	10:00 AM- 11:00 AM SOCIAL SPLASH (Lap L1-2-3) (WW NA)	9:00 AM -1:30 PM SWIM LESSONS (Lap L 4-5) (WW L6)	12:00 PM -2:00 PM SWIM LESSONS (Lap L 3- 4-5) (WW L6)
11:00 AM- 1:00 PM LAP SWIM (Lap L1-2-3-4-5) (WW L6)	3:30 PM- 5:00 PM HS SWIM TEAM (Lap L6) (WW NA)	11:00 AM- 3:30 PM LAP SWIM (Lap L1-2-3-4-5) (WW L6)	11:00 AM- 1:00 PM LAP SWIM (Lap L1-2-3-4-5) (WW L6)	11:00 AM- 3:30 PM LAP SWIM (Lap L1-2-3-4-5) (WW L6)	1:30 PM- 4:45 PM FAMILY SWIM (Lap L1-2-3-4) (WW NA)	2:00 PM- 4:45 PM FAMILY SWIM (Lap L1-2-3-4) (WW NA)
1:00 PM- 2:30 PM SWIM LESSONS (Lap L 2-3-4-5) (WW L6)	5:00 PM- 7:00 PM SWIM LESSONS/ SWIM TEAM (Lap NA) (WW NA)	3:30 PM- 5:00 PM HS SWIM TEAM (Lap L6) (WW NA)	1:00 PM- 2:00 PM SWIM LESSONS (Lap L 2-3-4-5) (WW L6)	3:30 PM- 5:00 PM HS SWIM TEAM (Lap L6) (WW NA)		
2:30 PM- 3:30 PM LAP SWIM (Lap L1-2-3-4-5) (WW L6)	7:00 PM- 7:40 PM SWIM LESSONS/ SWIM TEAM (Lap 2-3-4) (WW NA)	5:00 PM- 7:45 PM SWIM LESSONS/ SWIM TEAM (Lap NA) (WW NA)	2:00 PM- 3:30 PM LAP SWIM (Lap L 2-3-4-5) (WW L6)	5:00 PM- 5:30 PM SWIM LESSONS/SWIM TEAM (Lap NA) (WW NA)		
3:30 PM- 5:00 PM HS SWIM TEAM (Lap L6) (WW NA)	7:40 PM- 8:45 PM LAP SWIM (Lap L 2-3-4-5) (WW L6)	7:45 PM- 8:45 PM LAP SWIM (Lap L 2-3-4-5) (WW L6)	3:30 PM- 5:00 PM HS SWIM TEAM (Lap L6) (WW NA)	5:30 PM- 7:30 PM SWIM LESSONS/SWIM TEAM (Lap L 2-3) (WW NA)		
5:00 PM- 7:00 PM SWIM LESSONS/ SWIM TEAM (Lap NA) (WW NA)			5:00 PM- 6:30 PM SWIM LESSONS/ SWIM TEAM (Lap NA) (WW NA)	7:30 PM- 8:45 PM LAP SWIM (Lap L 1-2-3-4-5) (WW L6)		
7:00 PM- 7:30 PM SWIM LESSONS/ SWIM TEAM (Lap 2-3-4) (WW NA)			6:30 PM- 7:40 PM SWIM LESSONS (Lap 3-4-5) (WW L6)			
7:30 PM- 8:45 PM LAP SWIM (Lap L 2-3-4-5) (WW L6)			7:40 PM -8:45 PM ADULT CONDITIONING (Lap L 4-5) (WW L6)			

IMPORTANT NOTE:
 Schedule may change for instances out of our control such as lightning, water contamination, etc.

If you should have any questions please contact the Aquatic Office at (215) 536-8841 ext 3126 or email us at bmusselman@ymcabhc.org

NA = Not Available
 WW= Water walking/Water Exercise
 L= Lanes available for continuous 25 yd. lap swimming