

LAP POOL FALL II SESSION SCHEDULE: 11/01/2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|---|--|---|--|--|---|--|--|
| 5:00 AM- 6:30 AM LAP SWIM (ALL LANES) | 5:00 AM - 6:30 AM LAP SWIM (ALL LANES) | 5:00 AM - 6:30 AM LAP SWIM (ALL LANES) | 5:00 AM- 6:30 AM LAP SWIM (ALL LANES) | 5:00 AM - 6:30 AM LAP SWIM (ALL LANES) | 7:00 AM - 9:00 AM LAP SWIM (ALL LANES) | 7:00 AM- 9:00 AM LAP SWIM (ALL LANES) | |
| 6:30 AM- 9:00 AM LAP SWIM (4 WIDE LANES) | 6:30 AM - 9:00 AM LAP SWIM (4 WIDE LANES) | 6:30 AM- 9:00 AM LAP SWIM (4 WIDE LANES) | 6:30 AM - 9:00 AM LAP SWIM (4 WIDE LANES) | 6:30 AM- 9:00 AM LAP SWIM (4 WIDE LANES) | 9:00 AM -12:00 PM LAP SWIM (L 3- 4) | 9:00 AM -12:00 PM LAP SWIM (L 2- 3- 4- 5) | |
| 9:00 AM – 11:00 AM MASTER SWIM (L 1- 2) | 9:00 AM – 10:00 AM LAP SWIM (L 1- 2) | 9:00 AM – 11:00 AM MASTER SWIM (L 1- 2) | 9:00 AM- 10:00AM LAP SWIM (L 1- 2) | 6:30 AM- 9:00 AM LAP SWIM (L 3) | 9:00 AM – 12:00 PM LIFEGUARD TRAINING (L 5- 6) | 9:00 AM - 12:00 PM PRIVATE SWIM LESSONS (L 1) | |
| 9:00 AM– 10:00 AM AQUA AEROBICS (L 3- 4- 5- 6) | 9:00 AM – 10:00 AM AQUA INTERVAL (L 3- 4- 5- 6) | 9:00 AM- 10:00 AM AQUA BALANCE (L 3- 4- 5- 6) | 9:00 AM – 10:00 AM AQUA DANCE (L 3- 4- 5- 6) | 9:00 AM – 10:00 AM MASTER SWIM (L 1- 2) | 9:00 AM - 12:00 PM PRIVATE SWIM LESSONS (L 2) | 9:00 AM- 12:00 PM GROUP SWIM LESSONS (L 6) | |
| 10:00 AM– 11:00 AM LAP SWIM (L 3) | 10:00 AM – 10:45 AM LAP SWIM (L 1- 2- 3) | 10:00 AM – 11:00 AM LAP SWIM (L 1- 2- 3) | 10:00 AM- 11:00AM LAP SWIM (L 1- 2) | 9:00 AM– 10:00 AM OPEN WALKING EXERCISE (L 4- 5- 6) | 9:00 AM- 12:00 PM GROUP SWIM LESSONS (L 1) | 12:00 PM -2:00 PM LAP SWIM (L 1- 2- 3- 4- 5) | |
| 10:00 AM– 11:00 AM AQUA AEROBICS (L 4- 5- 6) | 10:00 AM- 10:45 AM AQUA AEROBICS (L 4- 5- 6) | 10:00 AM- 11:00 AM DEEP WATER CARDIO (L 4- 5- 6) | 10:00 AM- 11:00 AM DEEP WATER CARDIO (L 3- 4- 5- 6) | 10:00 AM - 4:00 PM LAP SWIM (ALL LANES) | 9:00 AM - 12:00 PM ABILITY PRIVATE SWIM (L 6) | 1:00 PM- 2:00 PM ABILITY PRIVATE SWIM (L 6) | |
| 11:00 AM – 4:00 PM LAP SWIM (ALL LANES) | 10:45 AM – 4:00 PM LAP SWIM (ALL LANES) | 11:00 AM– 4:00 PM LAP SWIM (ALL LANES) | 11:00 AM - 4:00PM LAP SWIM (ALL LANES) | 4:00 PM - 6:00 PM SWIM TEAM (ALL LANES) | 12:00 PM - 5:45 PM LAP SWIM (L 1- 2- 3- 4) | 2:00 PM -3:00 PM LAP SWIM (ALL LANES) | |
| 4:00 PM – 6:00 PM SWIM TEAM (L 1- 2- 3- 4- 5) | 4:00 PM – 6:45 PM SWIM TEAM (L 1- 2- 3- 4- 5) | 4:00 PM – 6:00 PM LAP SWIM (L 6) | 4:00 PM - 5:00 PM SWIM TEAM (L 1- 2- 3- 4- 5) | 4:00 PM – 6:00 PM LIFEGUARD TRAINING (L 5- 6) | | 3:00 PM -4:00 PM LAP SWIM (L 4- 5- 6) | |
| 4:00 PM -5:00 PM LAP SWIM (L 6) | 4:00 PM -5:00 PM LAP SWIM (L 6) | 4:00 PM – 6 PM SWIM TEAM (L 1- 2- 3- 4- 5) | 4:00 PM- 5:00 PM LAP SWIM (L 6) | 6:00 PM - 8:00 PM SWIM TEAM (ALL LANES) | 12:00 PM – 5:45 PM LIFEGUARD TRAINING (L 5- 6) | 3:00 PM - 4:00 PM SWIM TEAM (L 1- 2- 3) | |
| 5:00 PM -8:00 PM GROUPSWIM LESSONS (L 6) | 5:00 PM -6:45 PM GROUPSWIM LESSONS (L 6) | 6:00 PM – 8:00 PM LAP SWIM (L 5) | 5:00 PM- 8:00 PM SWIM TEAM (ALL LANES) | 8:00 PM - 8:45 PM LAP SWIM (L 1- 2- 3- 4) | | 4:00 PM - 8:00 PM SWIM TEAM (ALL LANES) | |
| 6:00 PM-8:00 PM LAP SWIM (L 4- 5) | | 6:00 PM – 8:00 PM SWIM TEAM (L 1- 2- 3- 4) | | 8:00 PM – 8:45 PM LIFEGUARD TRAINING (L 5- 6) | | | |
| 6:00 PM – 8:00 PM SWIM TEAM (L 1- 2- 3) | 6:45 PM – 8:00 PM SWIM TEAM (ALL LANES) | 6:00 PM -8:00 PM GROUPSWIM LESSONS (L 6) | | IMPORTANT NOTE: While we try to adhere to this schedule, it may change due to unexpected conditions. Pool schedule available online at: ymcabhc.org Group, private swim lessons, adaptive swim lessons, swim team represent paid programming space. | | | |
| 8:00 PM- 9:00 PM MASTER SWIM (ALL LANES) | | | 8:00 PM - 9:00 PM MASTER SWIM (ALL LANES) | | | | |
| | 8:00 PM – 9:45 PM LAP SWIM | 8:00 PM – 9:45 PM LAP SWIM | | | | | |
| | (ALL LANES) | (ALL LANES) | | | | | |
| 9:00 PM – 9:45 PM LAP SWIM (ALL LANES) | | | 9:00 PM – 9:45 PM LAP SWIM (ALL LANES) | | | | |
| LAP SWIM | MASTER SWIM | SWIM TEAM | GROUP SWIM LESSONS | PRIVATE SWIM LESSONS | LIFEGURSD TRAINING | ADULT GROUP EX | |