

LAP POOL WINTER SESSION SCHEDULE: 1/02/2023

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 – 10:00 AM LAP SWIM (L 3)	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)	9:00 AM- 10:00 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 OPEN WALKING EXERCISE (L 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)
9:00 AM – 11:00 AM MASTER SWIM (L 1- 2)	10:00 AM – 10:45 AM LAP SWIM (L 1-2- 3)	10:00 AM – 11:00 AM LAP SWIM (L 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 LAP SWIM (L 3- 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)	12:00 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 SWIM TEAM (L 1- 2- 3- 4)		8:00 PM – 8:45 PM LIFEGUARD TRAINING (L 5- 6)		
6:00 PM-8:00 PM LAP SWIM (L 4- 5)	6:45 PM – 8:00 PM SWIM TEAM (ALL LANES)	6:00 PM -8:00 PM GROUPSWIM LESSONS (L 6)				
6:00 PM – 8:00 PM SWIM TEAM (L 1- 2- 3)			8:00 PM - 9:00 PM MASTER SWIM (ALL LANES)	IMPORTANT NOTE: While we try to adhere to this schedule, it may change due to unexpected conditions. Pool schedule available online at: ymcabhc.org		
8:00 PM- 9:00 PM MASTER SWIM (ALL LANES)	8:00 PM – 9:45 PM LAP SWIM (ALL LANES)	8:00 PM – 9:45 PM LAP SWIM (ALL LANES)				
9:00 PM – 9:45 PM LAP SWIM (ALL LANES)			9:00 PM – 9:45 PM LAP SWIM (ALL LANES)	Group, private swim lessons, adaptive swim lessons, swim team represent paid programming space.		
LAP SWIM	MASTER SWIM	SWIM TEAM	GROUP SWIM LESSONS	PRIVATE SWIM LESSONS	LIFEGUARD TRAINING	ADULT GROUP EX