

FAIRLESS HILLS POOL SCHEDULE

MARCH & APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM - 7:55 AM LAP SWIM (L 1-4)	5:00 AM - 7:55 AM LAP SWIM (L 1-4)	5:00 AM - 7:55 AM LAP SWIM (L 1-4)	5:00 AM - 7:55 AM LAP SWIM (L 1-4)	5:00 AM - 8:55 AM LAP SWIM (L 1-4)	7:00 AM - 7:55 AM LAP SWIM (L 1-4)	7:00 AM - 9:00 AM LAP SWIM (L 1-4)
5:00 AM - 7:55 AM AQUA JOGGING (L 5-6)	5:00 AM - 7:55 AM AQUA JOGGING (L 5-6)	5:00 AM - 7:55 AM AQUA JOGGING (L 5-6)	5:00 AM - 7:55 AM AQUA JOGGING (L 5-6)	5:00 AM - 8:55 AM AQUA JOGGING (L 5-6)	7:00 AM - 7:55 AM AQUA JOGGING (L 5-6)	7:00 AM-9:00 AM AQUA JOGGING (L 5-6)
8:00 AM - 8:45 AM AQUA DEEP WATER (L 4-6)	8:00 AM - 8:45 AM AQUA AEROBICS (L 4-6)	8:00 AM - 8:45 AM AQUA DEEP WATER (L 4-6)	8:00 AM - 8:45 AM AQUA AEROBICS (L 4-6)	9:00 AM - 9:45 AM AQUA AEROBICS (L 4-6)	8:00 AM - 8:45 AM AQUA ZUMBA (L 4-6)	9:00 AM - 12:00 PM PRIVATE SWIM LESSONS (L 5-6)
8:00 AM - 9:00 AM LAP SWIM (L 1-2)	8:00 AM - 9:00 AM LAP SWIM (L 1-3)	8:00 AM - 9:00 AM LAP SWIM (L 1-3)	8:00 AM - 9:00 AM LAP SWIM (L 1-3)	9:00 AM-10:00 AM LAP SWIM (L 1-2)	8:00 AM-12:00 PM LAP SWIM (L 1-3)	9:00 AM - 2:30 PM LIFEGUARD TRAINING (L 1-2)
9:00 AM-9:45 AM AQUA AEROBICS (L 3-6)	9:00 AM-9:45 AM AQUA INTERVAL (L 3-6)	9:00 AM-9:45 AM AQUA AEROBICS (L 3-6)	9:00 AM-9:45 AM AQUA INTERVAL (L 3-6)	10:00 AM - 4:00 PM GROUP/PRIVATE LESSONS (L 5-6)	9:00 AM-12:00 PM GROUP/PRIVATE LESSONS (L 3-6)	9:00 AM - 12:00 PM LAP SWIM (L 3-4)
9:00 AM-10:00 AM LAP SWIM (L 1-2)	9:00 AM - 10:00 AM LAP SWIM (L 1-2)	9:00 AM-10:00 AM LAP SWIM (L 1-2)	9:00 AM - 10:00 AM LAP SWIM (L 1-2)	10:00 AM - 3:45 PM OPEN SWIM (L 1-4)	12:00 PM - 2:00 PM PRIVATE SWIM LESSONS (L 6)	12:00 PM - 2:45 PM FAMILY SWIM (L 4-6)
10:00 AM - 4:00 PM GROUP/PRIVATE LESSONS (L 5-6)	10:00 AM - 11:30 AM PRIVATE SWIM LESSONS (L 6)	10:00 AM - 4:00 PM GROUP/PRIVATE LESSONS (L 5-6)	10:00 AM - 4:00 PM GROUP/PRIVATE LESSONS (L 5-6)	4:00 PM - 7:30 PM SWIM TEAM/ACADEMY (L 1-3)	12:00 PM-4:45 PM LIFEGUARD TRAINING (L 1-2)	12:00 PM - 2:30 PM LAP SWIM (L 3)
10:00 AM - 3:45 PM OPEN SWIM (L 1-4)	10:00 AM - 11:25 AM OPEN SWIM (L 1-5)	10:00 AM - 3:45 PM OPEN SWIM (L 1-4)	10:00 AM - 3:45 PM OPEN SWIM (L 1-4)	4:00 PM - 5:55 PM LAP SWIM (L 5-6)	12:00 PM-2:00 PM LAP SWIM (L 3-5)	2:30 PM - 4:45 PM SWIM TEAM/ACADEMY (L 1-3)
4:00 PM - 7:00 PM POOL CLOSED FOR PROGRAMS (ALL LANES)	11:30 AM - 12:15 PM SILVER SNEAKERS SPLASH (L 3-6)	4:00 PM - 7:00 PM POOL CLOSED FOR PROGRAMS (ALL LANES)	4:00 PM - 7:30 PM POOL CLOSED FOR PROGRAMS (ALL LANES)	4:00 PM - 8:00 PM LIFEGUARD TRAINING (L 4)	2:00 PM-4:45 PM FAMILY SWIM (L 4-6)	3:00 PM - 4:45 PM LAP SWIM (L 4-6)
7:00 PM - 7:30 PM SWIM TEAM & PRIVATE LESSONS (L 1-3)	11:30 AM - 12:15 PM LAP SWIM (L 1-2)	7:00 PM - 7:30 PM SWIM TEAM & PRIVATE LESSONS (L 1-3)	7:30 PM - 8:00 PM SWIM TEAM & PRIVATE LESSONS (L 1-3)	6:00 PM - 7:45 PM FAMILY SWIM (L 5-6)	2:00 PM-4:45 PM LAP SWIM (L 3)	
7:00 PM - 7:30 PM LAP SWIM (L 4-6)	12:30 PM - 4:00 PM GROUP/PRIVATE LESSONS (L 5-6)	7:00 PM - 7:30 PM LAP SWIM (L 4-6)	7:30 PM - 8:00 PM LAP SWIM (L 4-6)		LAP SWIM = Generally reserved for swimmers over the age of 12 who are using the lane productively.	AQUA JOGGING = Independent water walking, jogging, or fitness
7:30 PM - 8:00 PM LAP SWIM (L 1-5)	12:30 PM - 3:45 PM OPEN SWIM (L 1-4)	7:30 PM - 8:00 PM LAP SWIM (L 1-5)	8:00 PM-8:45 PM LAP SWIM (ALL LANES)			OPEN SWIM = Lanes are available for all types of swimmers including lap swimmers, aqua jogging, and families. During open swim, please share lanes with swimmers doing similar activities.
8:00 PM-8:45 PM OPEN SWIM (L 4-6)	4:00 PM - 7:30 PM POOL CLOSED FOR PROGRAMS (ALL LANES)	8:00 PM-8:45 PM OPEN SWIM (L 4-6)	IMPORTANT NOTE - DAY OFF CAMPS: There will be day off school camps on March 13, April 4-7, and April 10. On those days lanes 1 and 2 will be closed from 1:00 PM to 3:00 PM for camp swim.		FAMILY SWIM: Lap lanes are open and available for all types of swimmers.	
8:00 PM - 8:45 PM LAP SWIM (L 1-3)	7:30 PM-8:45 PM LAP SWIM (ALL LANES)	8:00 PM - 8:45 PM LAP SWIM (L 1-3)	IMPORTANT NOTE: While we try to adhere to this schedule, it may change due to unexpected circumstances. If programs are not running, such as a lifeguard training, those lanes will be available for lap swim.		Pool schedule available online at www.ymcabhc.org	L = LANE