

LAP POOL WINTER SESSION SCHEDULE: 3/13/2023

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 SWIM TEAM (L 1- 2- 3- 4)	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 GROUPSWIM LESSONS (L 5- 6)		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)			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.		
6:00 PM – 8:00 PM SWIM TEAM (L 1- 2- 3)		8:00 PM – 9:45 PM LAP SWIM	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	(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	LIFEGUARD TRAINING	ADULT GROUP EX