

# Quakertown Branch

## LAP POOL SCHEDULE: 9/10/2023-10/31/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM- 8:55 AM <b>LAP SWIM</b> (Lap L1-2-3-4-5) (WW L6)	5:00 AM- 8:55 AM <b>LAP SWIM</b> (Lap L1-2-3-4-5) (WW L6)	5:00 AM- 8:55 AM <b>LAP SWIM</b> (Lap L1-2-3-4-5) (WW L6)	5:00 AM- 8:55 AM <b>LAP SWIM</b> (Lap L1-2-3-4-5) (WW L6)	5:00 AM- 8:55 AM <b>LAP SWIM</b> (Lap L1-2-3-4-5) (WW L6)	7:00 AM- 9:00 AM <b>SWIM TEAM</b> (Lap L1-2-3) (WW NA)	7:00 AM- 1:30 PM <b>LAP SWIM</b> (Lap L 2-3-4-5) (WW L6)
9:00 AM- 10:15 AM <b>WATER FITNESS CLASSES</b> (Lap L 1) (WW NA)	9:00 AM- 10:00 AM <b>WATER FITNESS CLASSES</b> (Lap L1) (WW NA)	9:00 AM- 11:00 AM <b>WATER FITNESS CLASSES</b> (Lap L 1) (WW NA)	9:00 AM- 10:00 AM <b>WATER FITNESS CLASSES</b> (Lap L 1) (WW NA)	9:00 AM- 10:15 AM <b>WATER FITNESS CLASSES</b> (Lap L 1) (WW NA)	9:00 AM -1:30 PM <b>SWIM LESSONS</b> (Lap L 4-5) (WW L6)	1:30 PM- 4:30 PM <b>FAMILY SWIM</b> (Lap L1-2-3-4) (WW NA)
10:15 AM- 11:00 AM <b>Adult Exercise- Social Splash</b> (Lap L1-2-3) (WW NA)	10:00 AM- 11:00 AM <b>Adult Exercise/ Social splash</b> (Lap L 2-3) (WW NA)	11:00 AM- 5:00 PM <b>LAP SWIM</b> (Lap L 2-3-4-5) (WW L6)	10:00 AM- 11:00 AM <b>Adult Exercise/ Social Splash</b> (Lap L 2-3) (WW NA)	10:15 AM- 11:00 AM <b>Adult Exercise/ Social splash</b> (Lap L1-2-3) (WW NA)	1:30 PM- 4:30 PM <b>FAMILY SWIM</b> (Lap L1-2-3-4) (WW NA)	4:30 PM- 4:45 PM <b>LAP SWIM</b> (Lap L 2-3-4-5) (WW L6)
11:00 AM- 5:00 PM <b>LAP SWIM</b> (Lap L 2-3-4-5) (WW L6)	11:00 AM- 5:00 PM <b>LAP SWIM</b> (Lap L 2-3-4-5) (WW L6)	5:00 PM- 7:40 PM <b>SWIM LESSONS/ SWIM TEAM</b> (Lap NA) (WW NA)	11:00 AM- 5:00 PM <b>LAP SWIM</b> (Lap L 2-3-4-5) (WW L6)	11:00 AM- 5:00 PM <b>LAP SWIM</b> (Lap L 2-3-4-5) (WW L6)	4:30 PM- 4:45 PM <b>LAP SWIM</b> (Lap L 2-3-4-5) (WW L6)	
5:00 PM- 7:30 PM <b>SWIM LESSONS/ SWIM TEAM</b> (Lap NA) (WW NA)	5:00 PM- 7:40 PM <b>SWIM LESSONS/ SWIM TEAM</b> (Lap NA) (WW NA)	7:40 PM- 8:45 PM <b>LAP SWIM</b> (Lap L 2-3-4-5) (WW L6)	5:00 PM- 7:40 PM <b>SWIM LESSONS/ SWIM TEAM</b> (Lap NA) (WW NA)	5:00 PM- 7:30 PM <b>SWIM LESSONS/ SWIM TEAM</b> (Lap L 2) (WW NA)		
7:30 PM- 8:00 PM <b>LAP SWIM</b> (Lap L1-2-3) (WW NA)	7:40 PM- 8:45 PM <b>LAP SWIM</b> (Lap L 2-3-4-5) (WW L6)		7:40 PM- 8:45 PM <b>CONDITIONING CLASS</b> (Lap 6) (WW NA)	7:30 PM- 8:45 PM <b>LAP SWIM</b> (Lap L 2-3-4-5) (WW L6)		
8:00 PM- 8:45 PM <b>LAP SWIM</b> (Lap L 2-3-4-5) (WW L6)						
				<p><b>IMPORTANT NOTE:</b> Schedule may change for instances out of our control such as lightning, water contamination, etc.</p> <p>If you should have any questions please contact the Aquatic Office at (215) 536-8841 ext 3126 or email us at <a href="mailto:bmusselman@ymcabhc.org">bmusselman@ymcabhc.org</a></p> <p>NA = Not Available WW= Water walking/Water Exercise L= Lanes available for continuous 25 yd. lap swimming</p>		