

# LAP POOL Fall SESSION SCHEDULE: 9/10/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM- 6:30 AM <b>LAP SWIM</b> (ALL LANES)	5:00 AM - 6:30 AM <b>LAP SWIM</b> (ALL LANES)	5:00 AM - 6:30 AM <b>LAP SWIM</b> (ALL LANES)	5:00 AM- 6:30 AM <b>LAP SWIM</b> (ALL LANES)	5:00 AM - 6:30 AM <b>LAP SWIM</b> (ALL LANES)	7:00 AM - 9:00 AM <b>LAP SWIM</b> (ALL LANES)	7:00 AM- 9:00 AM <b>LAP SWIM</b> (ALL LANES)
6:30 AM- 9:00 AM <b>LAP SWIM</b> (4 WIDE LANES)	6:30 AM - 9:00 AM <b>LAP SWIM</b> (4 WIDE LANES)	6:30 AM- 9:00 AM <b>LAP SWIM</b> (4 WIDE LANES)	6:30 AM - 9:00 AM <b>LAP SWIM</b> (4 WIDE LANES)	6:30 AM- 9:00 AM <b>LAP SWIM</b> (4 WIDE LANES)	9:00 AM -1:00 PM <b>LAP SWIM</b> (L 3- 4)	9:00 AM -12:00 PM <b>LAP SWIM</b> (L 3- 4- 5)
9:00 AM - 10:00 AM <b>LAP SWIM</b> (L 3)	9:00 AM - 10:00 AM <b>LAP SWIM</b> (L 1- 2)	9:00 AM - 11:00 AM <b>MASTER SWIM</b> (L 1- 2)	9:00 AM- 10:00AM <b>LAP SWIM</b> (L 1- 2)	9:00 AM- 10:00 AM <b>LAP SWIM</b> (L 3)	9:00 AM - 1:00 PM <b>LIFEGUARD TRAINING</b> (L 5- 6)	9:00 AM - 12:00 PM <b>PRIVATE SWIM LESSONS</b> (L 1- 2)
9:00 AM - 10:00 AM <b>MASTER SWIM</b> (L 1- 2)	9:00 AM - 10:00 AM <b>AQUA INTERVAL</b> (L 3- 4- 5- 6)	9:00 AM- 10:00 AM <b>AQUA BALANCE</b> (L 3- 4- 5- 6)	9:00 AM - 10:00 AM <b>AQUA DANCE</b> (L 3- 4- 5- 6)	9:00 AM - 10:00 AM <b>MASTER SWIM</b> (L 1- 2)	9:00 AM - 1:00 PM <b>PRIVATE SWIM LESSONS</b> (L 2)	9:00 AM- 12:00 PM <b>GROUP SWIM LESSONS</b> (L 6)
9:00 AM- 10:00 AM <b>AQUACISE</b> (L 4- 5- 6)	10:00 AM - 11:00 AM <b>LAP SWIM</b> (L 1- 2- 3)	10:00 AM - 11:00 AM <b>LAP SWIM</b> (L 3)	10:00 AM- 11:00AM <b>LAP SWIM</b> (L 1- 2)	9:00 AM- 10:00 AM <b>AQUACISE</b> (L 4- 5- 6)	9:00 AM- 1:00 PM <b>GROUP SWIM LESSONS</b> (L 1)	12:00 PM -2:30 PM <b>LAP SWIM</b> (L 1- 2- 3- 4- 5)
10:00 AM - 11:00 AM <b>LAP SWIM</b> (L 1- 2- 3)	10:00 AM- 11:00 AM <b>AQUA FIT</b> (L 4- 5- 6)	10:00 AM- 11:00 AM <b>DEEP WATER CARDIO</b> (L 4- 5- 6)	10:00 AM- 11:00 AM <b>DEEP WATER CARDIO</b> (L 3- 4- 5- 6)	10:00 AM - 3:00 PM <b>LAP SWIM</b> (ALL LANES)	9:00 AM- 1:00 PM <b>ABILITY PRIVATE SWIM</b> (L 6)	12:00 PM- 2:30 PM <b>ABILITY PRIVATE SWIM</b> (L 6)
10:00 AM- 11:00 AM <b>AQUA AEROBICS</b> (L 4- 5- 6)	11:00 AM - 12:30 PM <b>LAP SWIM</b> (ALL LANES)	11:00 AM- 3:00 PM <b>LAP SWIM</b> (ALL LANES)	11:00 AM - 12:30 PM <b>LAP SWIM</b> (ALL LANES)	3:00 PM - 6:00 PM <b>SWIM TEAM</b> (ALL LANES)	1:00 PM - 5:30 PM <b>LAP SWIM</b> (L 1- 2- 3- 4)	2:30 PM -4:00 PM <b>LAP SWIM</b> (L 5- 6)
11:00 AM - 3:00 PM <b>LAP SWIM</b> (ALL LANES)	12:30 PM - 3:00 PM <b>LAP SWIM</b> (L 1- 2- 3- 4- 5)	3:00 PM -5:00 PM <b>LAP SWIM</b> (L 6)	12:30 PM - 3:00 PM <b>LAP SWIM</b> (L 1- 2- 3- 4- 5)	5:00 PM - 7:00 PM <b>LIFEGUARD TRAINING</b> (L 5- 6)		2:30 PM - 4:00 PM <b>SWIM TEAM</b> (L 1- 2- 3- 4)
3:00 PM - 8:00 PM <b>SWIM TEAM</b> (L 1- 2- 3- 4- 5)	12:30 PM - 3:00 PM <b>ABILITY-TOPPS</b> (L 6)	3:00 PM - 8:00 PM <b>SWIM TEAM</b> (L 1- 2- 3- 4- 5)	12:30 PM - 3:00 PM <b>ABILITY-TOPPS</b> (L 6)	6:00 PM - 8:00 PM <b>SWIM TEAM</b> (ALL LANES)	1:00 PM - 5:30 PM <b>LIFEGUARD TRAINING</b> (L 5- 6)	4:00 PM -5:00 PM <b>LAP SWIM</b> (L 6)
4:00 PM -5:00 PM <b>LAP SWIM</b> (L 6)	3:00 PM -5:00 PM <b>LAP SWIM</b> (L 6)		3:00 PM- 5:00 PM <b>LAP SWIM</b> (L 6)	8:00 PM - 8:45 PM <b>LAP SWIM</b> (L 1- 2- 3- 4)		4:00 PM - 5:00 PM <b>SWIM TEAM</b> (L 1- 2- 3- 4- 5)
5:00 PM -8:00 PM <b>GROUPSWIM LESSONS</b> (L 6)	3:00 PM - 8:00 PM <b>SWIM TEAM</b> (L 1- 2- 3- 4- 5)	5:00 PM -8:00 PM <b>GROUPSWIM LESSONS</b> (L 6)	3:00 PM- 6:00 PM <b>SWIM TEAM</b> (L 1- 2- 3- 4- 5)	8:00 PM - 8:45 PM <b>LIFEGUARD TRAINING</b> (L 5- 6)		5:00 PM - 8:00 PM <b>SWIM TEAM</b> (ALL LANES)
	5:00 PM -8:00 PM <b>GROUPSWIM LESSONS</b> (L 6)		5:00 PM -6:00 PM <b>GROUPSWIM LESSONS</b> (L 6)	<b>IMPORTANT NOTE:</b>		
8:00 PM- 9:00 PM <b>MASTER SWIM</b> (ALL LANES)				While we try to adhere to this schedule, it may change due to unexpected conditions.		
			6:00 PM- 8:00 PM <b>SWIM TEAM</b> (ALL LANES)	Pool schedule available online at: <a href="http://ymcabhc.org">ymcabhc.org</a>		L= LANE
9:00 PM - 9:45 PM <b>LAP SWIM</b>	8:00 PM - 9:45 PM <b>LAP SWIM</b>	8:00 PM - 9:45 PM <b>LAP SWIM</b>	8:00 PM - 9:00 PM <b>MASTER SWIM</b> (ALL LANES)	Group, private swim lessons, ability swim lessons, swim team represent paid programming space.		
(ALL LANES)	(ALL LANES)	(ALL LANES)	9:00 PM - 9:45 PM <b>LAP SWIM</b>			
			(ALL LANES)			
						9/10/2023
LAP SWIM	MASTER SWIM	SWIM TEAM	GROUP SWIM LESSONS	PRIVATE SWIM LESSONS	LIFEGUARD TRAINING	ADULT GROUP EX