

LAP POOL Fall SESSION SCHEDULE: 11/01/2023

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- 8:00 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 -1:00 PM LAP SWIM (L 3- 4)	8:00 AM -12:00 PM LAP SWIM (L 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 – 1:00 PM LIFEGUARD TRAINING (L 5- 6)	8:00 AM - 10:00 AM PRIVATE SWIM LESSONS (L 1- 6)
9:00 AM – 10:00 AM MASTER SWIM (L 1- 2)	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 - 1:00 PM PRIVATE SWIM LESSONS (L 2)	10:00 AM - 12:30 PM PRIVATE SWIM LESSONS (L 6)
9:00 AM– 10:00 AM AQUACISE (L 4- 5- 6)	10:00 AM – 11:00 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 AQUACISE (L 4- 5- 6)	9:00 AM- 1:00 PM GROUP SWIM LESSONS (L 1)	10:00 AM- 12:30 PM GROUP SWIM LESSONS (L 1- 2)
10:00 AM – 11:00 AM LAP SWIM (L 1- 2- 3)	10:00 AM- 11:00 AM AQUA FIT (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 - 3:00 PM LAP SWIM (ALL LANES)	9:00 AM- 1:00 PM ABILITY PRIVATE SWIM (L 6)	12:30 PM -2:30 PM LAP SWIM (L 1- 2- 3- 4- 5)
10:00 AM– 11:00 AM AQUA AEROBICS (L 4- 5- 6)	11:00 AM – 12:30 PM LAP SWIM (ALL LANES)	11:00 AM– 3:00 PM LAP SWIM (ALL LANES)	11:00 AM – 12:30 PM LAP SWIM (ALL LANES)	3:00 PM – 6:00 PM SWIM TEAM (ALL LANES)	1:00 PM - 5:30 PM LAP SWIM (L 1- 2- 3- 4)	12:30 PM- 2:30 PM ABILITY PRIVATE SWIM (L 6)
11:00 AM – 3:00 PM LAP SWIM (ALL LANES)	12:30 PM – 3:00 PM LAP SWIM (L 1- 2- 3- 4- 5)	3:00 PM -5:00 PM LAP SWIM (L 6)	12:30 PM – 3:00 PM LAP SWIM (L 1- 2- 3- 4- 5)	5:00 PM – 7:00 PM LIFEGUARD TRAINING (L 5- 6)		2:30 PM - 4:00 PM LAP SWIM (L 5- 6)
3:00 PM – 8:00 PM SWIM TEAM (L 1- 2- 3- 4- 5)	12:30 PM – 3:00 PM ABILITY-TOPPS (L 6)	3:00 PM – 8:00 PM SWIM TEAM (L 1- 2- 3- 4- 5)	12:30 PM – 3:00 PM ABILITY-TOPPS (L 6)	6:00 PM - 8:00 PM SWIM TEAM (ALL LANES)	1:00 PM – 5:30 PM LIFEGUARD TRAINING (L 5- 6)	2:30 PM - 4:00 PM SWIM TEAM (L 1- 2- 3- 4)
4:00 PM -5:00 PM LAP SWIM (L 6)	3:00 PM -5:00 PM LAP SWIM (L 6)		3:00 PM- 5:00 PM LAP SWIM (L 6)	8:00 PM - 8:45 PM LAP SWIM (L 1- 2- 3- 4)		4:00 PM -5:00 PM LAP SWIM (L 6)
5:00 PM -8:00 PM GROUPSWIM LESSONS (L 6)	3:00 PM – 8:00 PM SWIM TEAM (L 1- 2- 3- 4- 5)	5:00 PM -8:00 PM GROUPSWIM LESSONS (L 6)	3:00 PM- 6:00 PM SWIM TEAM (L 1- 2- 3- 4- 5)	8:00 PM – 8:45 PM LIFEGUARD TRAINING (L 5- 6)		4:00 PM - 5:00 PM SWIM TEAM (L 1- 2- 3- 4- 5)
	5:00 PM -8:00 PM GROUPSWIM LESSONS (L 6)		5:00 PM -6:00 PM GROUPSWIM LESSONS (L 6)			5:00 PM - 8:00 PM SWIM TEAM (ALL LANES)
8:00 PM- 9:00 PM MASTER SWIM (ALL LANES)				IMPORTANT NOTE:		
			6:00 PM- 8:00 PM SWIM TEAM (ALL LANES)	While we try to adhere to this schedule, it may change due to unexpected conditions.		
9:00 PM – 9:45 PM LAP SWIM	8:00 PM – 9:45 PM LAP SWIM	8:00 PM – 9:45 PM LAP SWIM	8:00 PM - 9:00 PM MASTER SWIM (ALL LANES)	Pool schedule available online at: ymcabhc.org		
(ALL LANES)	(ALL LANES)	(ALL LANES)	9:00 PM – 9:45 PM LAP SWIM	Group, private swim lessons, ability swim lessons, swim team represent L= LANE		
			(ALL LANES)			
				11/01/2023		
LAP SWIM	MASTER SWIM	SWIM TEAM	GROUP SWIM LESSONS	PRIVATE SWIM LESSONS	LIFEGUARD TRAINING	ADULT GROUP EX