

LAP POOL SPRING SESSION SCHEDULE: 3/1- 6/16/2024

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 (2 WIDE LANES, AND L 4 -5- 6)	6:30 AM - 9:00 AM LAP SWIM (2 WIDE LANES, AND L 4 -5- 6)	6:30 AM - 9:00 AM LAP SWIM (2 WIDE LANES, AND L 4 -5- 6)	6:30 AM - 9:00 AM LAP SWIM (2 WIDE LANES, AND L 4 -5- 6)	6:30 AM- 9:00 AM LAP SWIM (2 WIDE LANES, AND L 4 -5- 6)	9:00 AM -1:00 PM LAP SWIM (L 3- 4)	8:00 AM -9:00 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 - 1:00 PM LIFEGUARD TRAINING (L 5- 6)	8:00 AM - 9:00 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)	9:00 AM -1:00 PM LAP SWIM (L 4)
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- 9:55 AM AQUACISE (L 4- 5- 6)	9:00 AM- 1:00 PM GROUP SWIM LESSONS (L 1)	9:00 AM - 1:00 PM LIFEGUARD TRAINING (L 5- 6)
10:00 AM - 11:00 AM LAP SWIM (L 1- 2- 3)	10:00 AM- 10:55 AM AQUA FIT (L 4- 5- 6)	10:00 AM- 10:55 AM DEEP WATER CARDIO (L 4- 5- 6)	10:00 AM- 10:55 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)	9:00 AM - 1:00 PM PRIVATE SWIM LESSONS (L 1)
10:00 AM- 10:55 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)	9:00 AM- 1:00 PM GROUP SWIM LESSONS (L 2- 3)
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)		1:00 PM -2:30 PM LAP SWIM (L 1- 2- 3- 4)
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 LAP SWIM (L 5- 6)
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)		2:30 PM - 4:00 PM SWIM TEAM (L 1- 2- 3- 4)
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 LAP SWIM (L 6)
	5:00 PM -8:00 PM GROUPSWIM LESSONS (L 6)		5:00 PM -6:00 PM GROUPSWIM LESSONS (L 6)			4:00 PM - 5:00 PM SWIM TEAM (L 1- 2- 3- 4- 5)
8:00 PM- 9:00 PM MASTER SWIM (ALL LANES)				IMPORTANT NOTE:		5:00 PM - 8:00 PM SWIM TEAM (ALL LANES)
			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 paid programming space.		
			(ALL LANES)			L= LANE 03/1/2024
LAP SWIM	MASTER SWIM	SWIM TEAM	GROUP SWIM LESSONS	PRIVATE SWIM LESSONS	LIFEGUARD TRAINING	ADULT GROUP EX