

**LAP POOL SUMMER SESSION SCHEDULE: 6/17/2024- 8/25/2024**

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- 9:00 AM LAP SWIM (ALL LANES)
6:30 AM- 9:00 AM LAP SWIM (2 WIDE LANES, 3 NARROW LANES)	6:30 AM- 9:00 AM LAP SWIM (2 WIDE LANES, 3 NARROW LANES)	6:30 AM- 9:00 AM LAP SWIM (2 WIDE LANES, 3 NARROW LANES)	6:30 AM- 9:00 AM LAP SWIM (2 WIDE LANES, 3 NARROW LANES)	6:30 AM- 9:00 AM LAP SWIM (2 WIDE LANES, 3 NARROW LANES)	9:00 AM- 1:00 PM LAP SWIM (L 2- 3- 4)	9:00 AM -2:00 PM LAP SWIM (L 3- 4- 5- 6)
9:00 AM - 11:00 AM LAP SWIM (L 3)	9:00 AM - 10:30 AM LAP SWIM (L 1- 2- 3)	9:00 AM - 11:00 AM LAP SWIM (L 3)	9:00 AM - 10:00 AM LAP SWIM (L 1- 2)	9:00 AM - 10:00 AM LAP SWIM (L 3)		9:00 AM- 2:00 PM PRIVATE SWIM LESSONS (L 1- 2)
9:00 AM - 10:30 AM MASTER SWIM (L 1- 2)	9:00 AM - 9:45 AM AQUA INTERVAL (L 4- 5- 6)	9:00 AM - 10:30 AM MASTER SWIM (L 1- 2)	9:00 AM - 9:45 AM AQUA DANCE (L 4- 5- 6)	9:00 AM - 10:30 AM MASTER SWIM (L 1- 2)	9:00 AM- 1:00 PM GROUP SWIM LESSONS (L 1)	
9:00 AM- 9:45 AM AQUACISE (L 4- 5- 6)	10:00 AM- 11:00 AM AQUA FIT (L 4- 5- 6)	9:00 AM- 10:00 AM AQUA TABATA (L 4- 5- 6)	10:00 AM- 10:30AM LAP SWIM (L 1- 2- 3- 4- 5- 6)	9:00 AM- 10:00 AM AQUACISE (L 4- 5- 6)	9:00 AM - 5:30 PM LIFEGUARD TRAINING (L 5- 6)	2:00 PM -3:00 PM LAP SWIM (ALL LANES)
10:00 AM- 11:00 AM AQUA AEROBICS (L 4- 5- 6)		10:00 AM- 11:00 AM AQUA DEEP WATER CARDIO (L 4- 5- 6)	10:30 AM- 11:30AM LAP SWIM (L 2- 3- 4- 5- 6)	10:00 AM- 10:30AM LAP SWIM (L 3- 4- 5- 6)		
10:30 AM- 11:30AM AQUA BUCKS/ CAMP (L 1)	10:30 AM- 11:30AM AQUA BUCKS/ CAMP (L 1)	10:30 AM- 11:30AM AQUA BUCKS/ CAMP (L 1)	10:30 AM- 11:30AM AQUA BUCKS/ CAMP (L 1)	10:30 AM- 11:30AM LAP SWIM (L 2- 3- 4- 5- 6)		3:00 PM -5:45 PM LAP SWIM (L 5- 6)
11:00 AM - 11:30 AM LAP SWIM (L 2- 3- 4- 5- 6)	11:00 AM - 11:30 AM LAP SWIM (L 2- 3- 4- 5- 6)	11:00 AM - 11:30 AM LAP SWIM (L 2- 3- 4- 5- 6)	11:30 AM - 12:00 PM LAP SWIM (L 2- 3- 4- 5- 6)	10:30 AM- 11:30AM AQUA BUCKS/ CAMP (L 1)	1:00 PM - 5:30 PM LAP SWIM (L 1- 2- 3- 4)	
11:30 AM - 3:00 PM LAP SWIM (L 2- 3- 4- 5- 6)	11:30 AM - 3:00 PM LAP SWIM (L 2- 3- 4- 5- 6)	11:30 AM - 3:00 PM LAP SWIM (L 2- 3- 4- 5- 6)	11:30 AM - 3:00 PM LAP SWIM (L 2- 3- 4- 5- 6)			
12:00 PM - 3:00 PM COMPATATIVE PRIVATE SWIM LESSONS (L 1)	12:00 PM - 3:00 PM COMPATATIVE PRIVATE SWIM LESSONS (L 1)	12:00 PM - 3:00 PM COMPATATIVE PRIVATE SWIM LESSONS (L 1)	12:00 PM - 3:00 PM COMPATATIVE PRIVATE SWIM LESSONS (L 1)			
			3:00 PM -4:00 PM LAP SWIM (L 5- 6)	11:30 AM - 4:00 PM LAP SWIM (ALL LANES)	<b>IMPORTANT NOTE:</b>  While we try to adhere to this schedule, it may change due to unexpected conditions.	
3:00 PM -5:00 PM LAP SWIM (L 5- 6)	3:00 PM -5:00 PM LAP SWIM (L 5- 6)	3:00 PM -5:00 PM LAP SWIM (L 5- 6)				
			3:00 PM - 6:30 PM SWIM TEAM (L 1- 2- 3- 4)			
3:00 PM - 6:30 PM SWIM TEAM (L 1- 2- 3- 4)	3:00 PM - 6:30 PM SWIM TEAM (L 1- 2- 3- 4)	3:00 PM - 6:30 PM SWIM TEAM (L 1- 2- 3- 4)	4:00 PM - 9:00 PM LIFEGUARD TRAINING (L 5- 6)	4:00 PM -5:00 PM LAP SWIM (L 1- 2- 3- 4)	Pool schedule available online at: <a href="https://www.ymcabhc.org/schedules">https://www.ymcabhc.org/schedules</a>	
				4:00 PM - 9:00 PM LIFEGUARD TRAINING (L 5- 6)		
5:00 PM -7:30 PM GROUP SWIM LESSONS (L 5- 6)	5:00 PM -7:30 PM GROUP SWIM LESSONS (L 5- 6)	5:00 PM -7:30 PM GROUP SWIM LESSONS (L 5- 6)	5:00 PM -7:30 PM GROUP SWIM LESSONS (L 5- 6)		Group, private swim lessons, adaptive swim lessons, swim team and LG training represent paid programming space.	
				5:00 PM -7:00 PM LAP SWIM (L 2- 3- 4)		
6:30 PM -7:30 PM LAP SWIM (L 1- 2- 3- 4)	6:30 PM -7:30 PM LAP SWIM (L 1- 2- 3- 4)	6:30 PM -7:30 PM LAP SWIM (L 1- 2- 3- 4)	6:30- 8:00 PM LAP SWIM (L 1- 2- 3- 4)	5:00 PM -7:00 PM SWIM LESSONS (L 1)	L- LANE	
8:00 PM-9:00 PM LAP SWIM (L 5- 6)			8:00 PM- 9:00 PM MASTER SWIM (1- 2- 3- 4)		Only Camp- No lane available	
8:00 PM- 9:00 PM MASTER SWIM (1- 2- 3- 4)	7:30 PM - 9:45 PM	7:30 PM - 9:45 PM		7:00 PM - 8:45 PM	Swimmers are welcome to use the lanes when there is no ARC lifeguard training.	
9:00 PM- 9:45 PM LAP SWIM (ALL LANES)	LAP SWIM (ALL LANES)	LAP SWIM (ALL LANES)	9:00 PM- 9:45 PM LAP SWIM (ALL LANES)	LAP SWIM (L 1- 2- 3- 4)		
						7/1/2023
LAP SWIM	MASTER SWIM	SWIM TEAM	GROUP SWIM LESSONS	ADAULT GROUP EX/ ARTHRITIS	LIFEGURSD TRAINING	CAMP