

# BETHLEHEM POOL SCHEDULE

Sept 9-Sept 15

Monday		
Time	Program	Lanes
6-8 AM	Lap Swim	L 1-3
6-8 AM	PWW	L 4
8-8:30 AM	Lap Swim	L 1-2
8-8:30 AM	PWW	L 3-4
8:30-9:15 AM	Lap Swim	L 1
8:30-9:15 AM	Hydro	L 2-4
9:15-10:30 AM	Open Swim	All Lanes
10:30-11:15 AM	Arthritis	All Lanes
11:15 AM-12:00 PM	Lap Swim	L 1-2
11:15 AM-12:00 PM	Family Swim	L 3-4
12-1:30 PM	Lap Swim	L 1-3
12-1:30 PM	PWW	L 4
1:30-4 PM	Lap Swim	L 1-2
1:30-4 PM	PWW	L 3-4
4-5 PM	Open Swim	All Lanes
5-7 PM	Lap Swim	L 1
5-7 PM	Swim Lessons	L 2-4
7-7:45 PM	Lap Swim	L 1-2
7-7:45 PM	Open Swim	L 3-4
7:45-8:30 PM	Women Only Swim	All Lanes

Thursday		
Time	Program	Lanes
6-8 AM	Lap Swim	L 1-3
6-8 AM	PWW	L 4
8-8:30 AM	Lap Swim	L 1-2
8-8:30 AM	PWW	L 3-4
8:30-9:15 AM	Lap Swim	L 1
8:30-9:15 AM	Hydro	L 2-4
9:30-10:15 AM	Lap Swim	L 1
9:30-10:15 AM	AOA Fit	L 2-4
10:15 AM-12 PM	Lap Swim	L 1-2
10:15 AM-12 PM	Open Swim	L 3-4
12-6:15 PM	Lap Swim	L 1-2
12-4:30 PM	PWW	L 3-4
4:30-6:15 PM	Family Swim	L 3-4
6:15-7 PM	Lap Swim	L 1
6:15-7 PM	Aqua Blast	L 2-4
7-8 PM	Lap Swim	L 1-2
7-8 PM	Family Swim	L 3-4

Sunday		
Time	Program	Lanes
9 AM-12 PM	Lap Swim	L 1-3
9 AM-12 PM	PWW	L 4
12-1:30 PM	Lap Swim	L 1
12-1:30 PM	Family Swim	L 2-4

Tuesday		
Time	Program	Lanes
6-8 AM	Lap Swim	L 1-3
6-8 AM	PWW	L 4
8-9:30 AM	Lap Swim	L 1-2
8-9:30 AM	PWW	L 3-4
9:30-10:15 AM	Lap Swim	L 1
9:30-10:15 AM	AOA Fit	L 2-4
10:15 AM-12 PM	Lap Swim	L 1-2
10:15 AM-12 PM	Open Swim	L 3-4
12-4 PM	Lap Swim	L 1-2
12-4 PM	PWW	L 3-4
4-4:45 PM	Lap Swim	L 1-2
4-4:45 PM	Family Swim	L 3-4
4:45 PM-7 PM	Lap Swim	L 1
4:45-6:15 PM	Swim Lessons	L 2-4
6:15-7 PM	Aqua Blast	L 2-4
7-8 PM	Lap Swim	L 1-2
7-8 PM	Family Swim	L 2-4
8-8:30 PM	Open Swim	All Lanes

Friday		
Time	Program	Lanes
6-8 AM	Lap Swim	L 1-3
6-8 AM	PWW	L 4
8-11:00 AM	Lap Swim	L 1-2
8-9 AM	PWW	L 3-4
9-11 AM	Open Swim	L 3-4
11-11:45 AM	Arthritis	All Lanes
11:45 AM-12:15 PM	Lap Swim	L 1-2
11:45 AM-12:15 PM	Family Swim	L 3-4
12:15-3:30 PM	Lap Swim	L 1-3
12:15-3:30 PM	PWW	L 4
3:30-5 PM	Lap Swim	L 1-2
3:30-5 PM	Family Swim	L 3-4
5-7 PM	Open Swim	All Lanes
7-8 PM	Lap Swim	L 1-2
7-8 PM	Family Swim	L 3-4
8-8:20 PM	Lap Swim	L 1
8-8:20 PM	Teen Only Swim	L 2-4

**Children 12 and younger must participate in a swimming skills assessment** and will be provided a colored wristband based on their swimming ability. Once tested, each time a child comes into the Y for open or family swim they will need to acquire their color-appropriate wristband from the Welcome Center when checking in. For additional information, please review our [Test, Mark, Protect Parent Guidelines](#).

Wednesday		
Time	Program	Lanes
6-8 AM	Lap Swim	L 1-3
6-8 AM	PWW	L 4
8-10:30 AM	Lap Swim	L 1-2
8-10:30 AM	PWW	L 3-4
10:30-11:15 AM	Arthritis	All Lanes
11:15 AM-1:30 PM	Lap Swim	L 1-3
11:15 AM-1:30 PM	PWW	L 4
1:30-4 PM	Lap Swim	L 1-2
1:30-4 PM	PWW	L 3-4
4-5 PM	Open Swim	All Lanes
5-6:30 PM	Lap Swim	L 1
5-6:30 PM	Stroke & Turn	L 2-4
6:30-8 PM	Lap Swim	L 1-2
6:30-8 PM	Family Swim	L 3-4
8-8:30 PM	Lap Swim	L 1-3
8-8:30 PM	PWW	L 4

Saturday		
Time	Program	Lanes
8-9 AM	Lap Swim	L 1-3
8-9 AM	PWW	L 4
9-11:40 AM	Lap Swim	L 1
9-11:40 AM	Swim Lessons	L 2-4
11:40 AM-1:30 PM	Lap Swim	L 1-3
11:40 AM-1:30 PM	PWW	L 4
1:30-2:30 PM	Lap Swim	L 1-3
1:30-2:30 PM	Pool Rentals	L 3-4
2:30-3:30 PM	Lap Swim	L 1-2
2:30-3:30 PM	Family Swim	L 3-4

Key
<b>Lap Swim:</b> Generally reserved for children 12+ using the lane productively
<b>Personal Water Workout (PWW):</b> Independent water walking, jogging, or aqua fitness
<b>OPEN SWIM:</b> Lanes are available for all types of swimmers including lap swimmers, aqua jogging, and families. During open swim, please share lanes with swimmers doing similar activities.
lines. Open space is available for swimmers of all ages to swim recreationally. Pool elements will be turned on and the water slide will be available as long as we can safely operate it.

**IMPORTANT NOTE: While we try to adhere to this schedule, it may change due to unexpected circumstances.** If programs are not running, such as swim team or private lessons, those lanes will be available for lap swim.