

FALL/WINTER LAP POOL SCHEDULE

(September 5th-December 31st, 2023)

Mon./Wed.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 – 7:00am	Lap Swim			Open Swim		
7:00 – 8:00am	Lap Swim			Open Swim		
8:00 – 9:00am	Lap Swim		Total Aqua Body - Deep Water			
9:00 – 10:00am	Lap Swim		HydroFit - Shallow Water			
10:00 – 11:30am	Lap Swim		Volleyball			
11:30 am – 1:00pm	Lap Swim			Open Swim		
1:00 – 3:00pm	Lap Swim			Open Swim/Summer Camp Swim (1-2:45pm)		
3:00 – 4:30pm	Lap Swim			Open Swim		
4:30 – 5:30pm	Lap Swim		Swim Lessons 4:30-7:00pm (Lane 5 - Shallow End Only)		Open Swim	
5:30 – 6:30pm	Stoke School 6:00-7:00pm (Sept. 11th-Dec. 13th)	Lap Swim		Open Swim		
6:30 – 7:05pm		Lap Swim		Open Swim		
7:05 – 8:15pm	Lap Swim			Open Swim		
8:30pm	YMCA Closed					
Tues./Thurs.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 – 7:00am	Lap Swim			Open Swim		
7:00 – 8:00am	Lap Swim			Open Swim		
8:00 – 9:00am	Lap Swim			Open Swim		
9:00 – 10:00am	Lap Swim			Open Swim		
10:00 – 11:00am	Lap Swim			Open Swim		
11:00am – Noon	Lap Swim			Open Swim		
Noon – 1:00pm	Lap Swim			Open Swim		
1:00 – 3:00pm	Lap Swim			Open Swim		
3:00 – 4:00pm	Lap Swim			Open Swim		
4:00 – 6:00pm	Lap Swim		Swim Lessons 4:30-7:00pm (Lane 5 - Shallow End Only)		Open Swim	
6:00 – 7:00pm	Stoke School 6:00-7:00pm	Lap Swim		HydroFit - Shallow Water - Thur. 6:15-7pm		
7:00 – 8:15pm	Lap Swim			Open Swim		
8:30pm	YMCA Closed					
Fri.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 – 6:00am	Lap Swim			Open Swim		
6:00 – 8:00am	Lap Swim			Open Swim		
8:00 – 9:00am	Lap Swim		Total Aqua Body - Deep Water			
9:00 – 10:00am	Lap Swim		HydroFit - Shallow Water			
10:00 – 11:30am	Lap Swim		Volleyball			
11:30am – Noon	Lap Swim			Open Swim		
Noon – 1:00pm	Lap Swim			Open Swim		
1:00 – 3:00pm	Lap Swim			Open Swim		
3:00 – 4:00pm	Lap Swim			Open Swim		
4:00 – 5:00pm	Lap Swim			Open Swim		
5:00 – 6:30pm	Lap Swim			Open Swim		
6:30 – 7:00pm	Lap Swim			Open Swim		
7:00 – 8:15pm	Lap Swim			Open Swim		
8:30pm	YMCA Closed					
Sat.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00 – 8:00am	Lap Swim			Open Swim		
8:00 – 9:00am	Lap Swim			Open Swim		
9:00 – 10:00am	Lap Swim		Swim Lessons 9:00am-12:00pm (Lane 5 - Shallow End Only)		Open Swim	
10:00am – Noon	Stoke School 11:00am-12:00pm	Lap Swim		Open Swim		
Noon – 12:30pm	Lap Swim		Open Swim		Open Swim	
12:30 – 3:00pm	Lap Swim			Open Swim		
3:00 – 4:00pm	Lap Swim			Open Swim		
4:00 – 5:00pm	Lap Swim			Open Swim		
5:00 – 5:45pm	Lap Swim			Open Swim		
6:00pm	YMCA Closed					
Sun.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Noon – 2:00pm	Lap Swim			Open Swim		
2:00 – 3:00pm	Lap Swim			Open Swim		
3:00 – 4:45pm	Lap Swim			Open Swim		
5:00pm	YMCA Closed					

****All children under the age of 12, must be accompanied by an adult (18+).****

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountnymca.org