## WINTER/SPRING LAP POOL SCHEDULE

## (January 2nd-April 30th, 2024)

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 Lap Swim			Open Swim			
1:00 - 3:00pm	Lap Swim Lap Swim			Open Swim Open Swim			
3:00 - 4:30pm 4:30 - 5:30pm	Lap Swim			On an C:			
5:30 - 6:30pm	Stroke School	Stroke School Lan Swim			Swim Lessons Open Sv 4:30-7:00pm Open Sv		
6:30 - 7:05pm	6:00-7:00pm				llow End Only)	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	Lanc 1		Swim	Lanc 4		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		•	5wim	Open Swim			
1:00 - 3:00pm		Lap Swim			Open Swim		
3:00 - 4:00pm	Lap Swim				Open Swim		
4:00 - 6:00pm	Stroke School 6:00-7:00pm				essons	Open Swim	
6:00 - 7:00pm	(Jan. 8th-May 16th)	Lap S		4:30-7:00pm		HydroFit - Shallow Water*	
7:00 - 8:15pm	Lap Swim Open Swim					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			5wim	Open Swim			
8:00 - 9:00am	Lap Swim			Total Aqua Body - Deep Water			
	Lap Swim			HydroFit - Shallow Water			
9:00 - 10:00am				Hydro		water	
10:00 - 11:30am		Lap Swim		Tryuro	Volleyball		
10:00 - 11:30am 11:30am - Noon		Lap Swim Lap S	Swim	Tiyaro	Volleyball Open	Swim	
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\*HydroFit - Shallow Water - Thur. 6:15-7pm

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

Please register on our website at www.beavercountyymca.org

or visit the Member Service Desk.