

# 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				Open Swim		
1:00 – 3:00pm	Lap Swim				Open Swim		
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	Stroke School 6:00-7:00pm (Jan. 8th-May 15th)	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	Stroke School 6:00-7:00pm (Jan. 8th-May 16th)	Lap Swim			Swim Lessons 4:30-7:00pm (Lane 5 - Shallow End Only)		Open Swim
6:00 – 7:00pm		Lap Swim			HydroFit - Shallow Water*		
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	Stroke School 11:00am-12:00pm (Jan. 6th-May 11th)	Lap Swim			Open Swim		
Noon – 12:30pm		Lap 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						

\*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.beavercountymca.org](http://www.beavercountymca.org)  
or visit the Member Service Desk.