

# FALL/WINTER LAP POOL SCHEDULE

(September 3rd-December 31st, 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 (Mon. with Amy, Wed. with Sondra)		
9:00 - 10:00am	Lap Swim		HydroFit - Shallow Water (Mon. with Amy, Wed. with Sondra)			
10:00 - 11:30am	Swim Lessons 11:15am-2pm	Lap Swim	Volleyball (4 lanes only if 15 people are in attendance)			
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	Swim Lessons 4:45-7:30pm (Monday)	Lap Swim			Open Swim	
5:30 - 6:30pm		Lap Swim			Open Swim	
6:30 - 7:05pm		Lap Swim			Open Swim	
7:05 - 8:15pm		Lap Swim			Open Swim	
8:15-8:30pm	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				Water Walking with Bill Tues/Thurs Starting Sept. 10	
1:00 - 3:00pm	Lap Swim				Open Swim	
3:00 - 4:00pm	Lap Swim				Open Swim	
4:00 - 6:00pm	Swim Lessons 4:45-7:30pm (Tuesday)	Lap Swim			Water Walking with Bill 5:00-6:00pm (Tues.)	
6:00 - 7:00pm		Lap Swim				
7:00 - 8:15pm		Lap Swim			Open Swim	
8:15-8:30pm	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 (with Sondra)		
9:00 - 10:00am	Lap Swim		HydroFit - Shallow Water (with Sondra)			
10:00 - 11:30am	Lap Swim		Volleyball (4 lanes only if 15 people are in attendance)			
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	
8:15-8:30pm	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	Swim Lessons 9:00am-12:00pm	Lap Swim			Open Swim	
10:00am - Noon		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					

**\*\*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.