## 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 :	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 Sondr						
9:00 - 10:00am	Lap S				er (Mon. with Amy, Wed. with Sondra)		
10:00 - 11:30am	- Swim Lessons	Lap Swim		ball (4 lanes only i	f 15 people are in attendance)		
11:30 am - 1:00pm	11:15am-2pm		Lap Swim		Open Swim		
1:00 - 3:00pm 3:00 - 4:30pm	·	Lap S	Open Swim				
4:30 - 5:30pm		гар 3	Lap Swim		Open Swim Open Swim		
5:30 - 6:30pm	Swim Lessons		Lap Swim		Open Swim		
6:30 - 7:05pm	4:45-7:30pm		Lap Swim		Open Swim		
7:05 - 8:15pm	(Monday)		Lap Swim		Open Swim		
8:15-8:30pm	YMCA Closed						
Tues./Thurs.	Lane 1	Lane 2	Lane 3	Lane 5	Lane 6		
5:00 - 7:00am		Lan	Swim			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 S	wim		Open	Swim	
11:00am - Noon		Lap S	Swim			Swim	
Noon - 1:00pm		Lap S			Water Walking with Bill T	ues/Thurs Starting Sept 10	
1:00 - 3:00pm		Lap S	5wim		Open	Swim	
3:00 - 4:00pm		Lap Swim Open Swim					
4:00 - 6:00pm	Swim Lessons Lap Swim					ing with Bill	
6:00 - 7:00pm	4:45-7:30pm	Lap Swim		5:00-6:00pm (Tues.)			
7:00 - 8:15pm	(Tueday) 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					Swim	
6:00 - 8:00am	Lap Swim				Open Swim		
8:00 - 9:00am					ody - Deep Water (with Sondra)		
9:00 - 10:00am	Lap S		Water (with So				
10:00 - 11:30am	Lap Swim Volleyball (4 lanes only if 15 people are in attendance)						
11:30am - Noon	Lap Swim				Open Swim		
Noon 1.00mm			Lap Swim				
Noon - 1:00pm		Lap S				Swim	
1:00 - 3:00pm		Lap S	Swim		Open	Swim	
1:00 - 3:00pm 3:00 - 4:00pm		Lap S Lap S Lap S	Swim Swim		Open Open	Swim Swim	
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<sup>\*\*</sup>All children under the age of 12, must be accompanied by an adult (18+).\*\*