

WINTER/SPRING LAP POOL SCHEDULE

(January 1st-April 30th, 2025)

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		Hydro Fit with Jody 6:15-7pm (Thurs.) - Shallow		
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
or visit the Member Service Desk.