WINTER/SPRING LAP POOL SCHEDULE

(January 1st-April 30th, 2025)

Mon./Wed.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
mon./wed.	Lane I			Lane 4			
5:00 - 7:00am	Lap Swim Lap Swim				Open Swim		
7:00 - 8:00am 8:00 - 9:00am		Lap Swim	Open Swim				
	Lap Swim HydroFit - Shallow Wat				eep Water (Mon. with Amy, Wed. with Sondra)		
9:00 - 10:00am 10:00 - 11:30am	Lap S	Lap Swim					
11:30 am - 1:00pm	- Swim Lessons	Lap Swilli	Lap Swim	Dali (4 lanes only i	f 15 people are in at	Swim	
1:00 - 3:00pm	11:15am-2pm Lap Swim				Open Swim		
3:00 - 4:30pm		Lap S	Open Swim				
4:30 - 5:30pm	Swim Lessons Lap Swim				Open Swim		
5:30 - 6:30pm		Lap Swim				Open Swim	
6:30 - 7:05pm	(Monday)	Lap Swim			Open Swim		
7:05 - 8:15pm	(1.1011447)	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 S				Swim	
8:00 - 9:00am	Lap Swim Lap Swim				Open Swim Open Swim		
9:00 - 10:00am		Lap S				Swim	
10:00 - 11:00am 11:00am - Noon		Lap S				Swim	
Noon - 1:00pm		Lap				ues/Thurs Starting Sept 10	
1:00 - 3:00pm		Lap S			•	Swim	
3:00 - 4:00pm		Lap S			•	Swim	
4:00 - 6:00pm	Swim Lessons		Lap Swim		Water Walking with Bill 5:00-6:00pm (Tues.)		
6:00 - 7:00pm	4:45-7:30pm				Hydro Fit with Jody 6:15-7pm (Thurs.) - Shallow		
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				Open	Swim	
6:00 - 8:00am		Lap S	wim		Open Swim		
8:00 - 9:00am		Lap Swim		Total Aqua Bo	ody - Deep Water	(with Sondra)	
				Fit - Shallow	Water (with Sondra)		
9:00 - 10:00am	Lap S	wim	Lap Swim Volleyball (4 lanes only if 15 people a				
10:00 - 11:30am	•	iwim		ball (4 lanes only	if 15 people are in a	ttendance)	
10:00 - 11:30am 11:30am - Noon	•	wim Lap S	wim	ball (4 lanes only	if 15 people are in at Open	ttendance) Swim	
10:00 - 11:30am 11:30am - Noon Noon - 1:00pm	•	wim Lap S Lap S	wim Swim	ball (4 lanes only	if 15 people are in at Open Open	ttendance) Swim Swim	
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^{**}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.