

LAP POOL SCHEDULE

East YMCA

November 16-December 21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Lap Swim (5) 5:30am - 7:30am	Lap Swim (5) 5:30am - 7:30am	Lap Swim (5) 5:30am - 9:00am	Lap Swim (5) 5:30am - 7:30am	Lap Swim (5) 5:30am - 9:00am	CLOSED	CLOSED
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM	Independent Water Exercise (3) Lap Swim (2)	Independent Water Exercise (3) Lap Swim (2)	Independent Water Exercise (3) Lap Swim (2)	Independent Water Exercise (3) Lap Swim (2)	Lap Swim (5) 7:00 - 9:00 am		
8:00 AM							
8:30 AM	Lap Swim (5) 8:00am - 9:00am	Lap Swim (5) 8:00am - 9:00am	Lap Swim (2) 9:00-10am Silver Splash (3)	Lap Swim (5) 8:00am - 9:30am	Lap Swim (2) 9:00-10am AOA water Ex (3)	YMCA Water Fitness 9:00am-10:00am Lap Swim (1)	
9:00 AM							
9:30 AM	Lap Swim (2) 9:00-10am AOA water Ex (3)	Lap Swim (2) 9:00-10am AOA water Ex (3)	YMCA Water Fitness 10:00am-10:45am Lap Swim (1)	Open Swim (3) 9:30-11:40 Lap Swim (2)	YMCA Water Fitness 10:00am-10:45am Lap Swim (1)	Swim Academy (4) 10:00-12:10pm Lap Swim (1) No Open Swim	
10:00 AM							
10:30 AM	YMCA Water Fitness 10:00am-10:45am Lap Swim (1)	Open Swim (3) 10:00-11:30 Lap Swim (2)	YMCA Water Fitness 10:00am-10:45am Lap Swim (1)	Lap Swim (2) 10:45-1pm Open Swim (3)	Lap Swim (2) 10:45-1pm Open Swim (3)	Family Swim (3) 10:00am - 5:00pm Lap Swim (2)	
11:00 AM							
11:30 AM	Lap Swim (2) 10:45-1pm Open Swim (3)	Lap Swim 11:30-1 pm	Lap Swim (2) 10:45-1pm Open Swim (3)	Lap Swim 11:30-1 pm	Lap Swim (2) 10:45-1pm Open Swim (3)		
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM	Lap Swim (2) 1:00-4:30pm Open swim (3)	Lap Swim (2) 1:00-4:30pm Open swim (3)	Lap Swim (2) 1:00-4:30pm Open swim (3)	Lap Swim (2) 1:00-5:30pm Open swim (3)	Lap Swim (2) 1:00-2:30pm Open Swim (3)		
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	Swim Academy (4) 4:30-7:40pm Lap Swim (2) Open Swim (1)	Swim Academy (2) 4:30-6:30 pm Lap Swim (2) Open Swim (1)	Swim Academy (4) 4:30-7:40pm Lap Swim (1) No Open Swim	Mariners practice (4 lanes) 5:30-8:45pm Lap Swim (1 lanes)	Open Swim (3) 2:30-7:30pm Lap Swim (2)		
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	Lap Swim (1) No Open Swim	Water Aerobics 6:30pm - 7:30pm Lap Swim (1)	Open Swim (3) 7:30pm - 8:45pm Lap Swim (2)	Open Swim (3) 7:30pm - 8:45pm Lap Swim (2)	Open Swim (3) 7:30pm - 8:45pm Lap Swim (2)		
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM	Mariners practice (3 lanes) 7:40-8:45pm Lap Swim (2 lanes)	Open Swim (3) 7:30pm - 8:45pm Lap Swim (2)	Open Swim (3) 7:45pm - 8:45pm Lap Swim (2)	Open Swim (3) 7:30pm - 8:45pm Lap Swim (2)	Open Swim (3) 7:30pm - 8:45pm Lap Swim (2)		
8:30 PM							
9:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	

*** Children 6 years old and younger and non swimmers must be accompanied by an adult in the pool.**

* Swimsuits must be worn in the pool at all times.

* While we always guarantee pool space for our members, on the occasional weekend, space may be limited due to groups renting pool space.

