

YMCA POOL SCHEDULE – FALL 2023

NOTE: LAP LANES ARE AVAILABLE ON A FIRST-COME-FIRST-SERVED BASIS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8:30a	Lap Lanes (6)	Lap Lanes ()	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (6) Opens 7a	THE Y IS CLOSED ON SUNDAYS
8:30-9:30a	Aqua Fit (5) 8:30-9:15 Lap Lanes (1)	Aqua Fit (5) 8:30-9:15 Lap Lanes (1)	Aqua Fit (5) 8:30-9:15 Lap Lanes (1)	Aqua Fit (5) 8:30-9:15 Lap Lanes (1)	Aqua Fit (5) 8:30-9:15 Lap Lanes (1)	Lap Lanes (4) RCHS (2) 9-11	
9:30-11a	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (4) RCHS (2) 9-11	
11-noon	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (2) Open Swim (4)	
Noon - 1p	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (6)	Lap Lanes (2) Open Swim (4)	
1-2p	Lap Lanes (3) Senior Exercise (3)	Lap Lanes (6)	Lap Lanes (3) Senior Exercise (3)	Lap Lanes (6)	Lap Lanes (3) Senior Exercise (3)	Lap Lanes (2) Open Swim (4)	
2-3 p	Lap Lanes (2) Open Swim (4)	Lap Lanes (2) Open Swim (4)	Lap Lanes (2) Open Swim (4)	Lap Lanes (2) Open Swim (4)	Lap Lanes (2) Open Swim (4)	POOL CLOSING AT 2	
3-4p	Lap Lanes (2) RCHS S.T. (2) Y Afterschool (2)	Lap Lanes (2) Swim Lessons 3:30-4 (3)	Lap Lanes (2) Y Afterschool (4)	Lap Lanes (2) Swim Lessons 3:30-4 (3)	Lap Lanes (2) RCHS S.T. (2) Y Afterschool (2)		
4-5p	Lap Lanes until 4:30 (1) RCHS S.T. (2) Y Swim Team 4-4:30 (3) 4:30-5 (4)	No Lap Lanes Swim Lessons (3) Y Swim Team (3)	Lanes (2) Y Swim Team 4-4:30 (3) 4:30-5 (4)	No Lap Lanes Swim Lessons (3) Y Swim Team (3)	RCHS S.T. (2) Y Swim Team (4)		
5-6p	Y Swim Team (5) 4-5:30 Swim Lessons (4) 5:30-6 Lap Lanes (1) 5:30-6 (2)	Y Swim Team (5) 5-6 Lap Lanes (1)	Y Swim Team (5) 4-5:30 Swim Lessons (4) 5:30-6 Lap Lanes (1) 5:30-6 (2)	Y Swim Team (5) 5-6 Lap Lanes (1)	Lap Lanes (2) Family Swim (4)		
6-7p	Aqua Fit Lap Lanes (2) Swim Lessons (4)	Aqua Fit Lap Lanes (2) Swim Lessons (4)	Aqua Fit Lap Lanes (2) Swim Lessons (4)	Aqua Fit Lap Lanes (2) Swim Lessons (4)	Lap Lanes (2) Family Swim (4)		
7- 8 p	Lap Lanes (2) Family Swim (4)	Lap Lanes (2) Family Swim (4)	Lap Lanes (2) Family Swim (4)	Lap Lanes (2) Family Swim (4)	Lap Lanes (2) Family Swim (4)		

If you have questions, please ask the lifeguard on duty or the aquatics director.



(Within the parentheses is the number of lanes, deep-end, or shallow-end available)
 During the week, holidays & between lessons, lap swim will be offered if no make-up lessons are needed.
 If you have any questions, please check with the guard on duty.