



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Lap Pool Schedule

## Southside YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pool Opens at 5:00 am	Pool Opens at 5:00 am	Pool Opens at 5:00 am	Pool Opens at 5:00 am	Pool Opens at 5:00 am		
5:00am-8:00am	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Pool Opens at 8:00 am	
8:00am-10:00am	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Swim Lessons (Lane 2-3)	
10:00am-11:00am	Aqua Fit Aqua Fit	Aqua Fit Aqua Fit	Aqua Fit Aqua Fit	Aqua Fit Aqua Fit	Aqua Fit Aqua Fit	Lap Swim Open Swim	
11:00am-1:00pm	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Pool Opens at 1:00 pm
1:00pm-3:00pm	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Pool Closes at 2:30 pm	Lap Swim Open Swim
3:00pm-4:00pm	Lap Swim Open Swim	Pool Closed for Cleaning	Lap Swim Open Swim	Pool Closed for Cleaning	Lap Swim Open Swim		Lap Swim Open Swim
4:00pm-5:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Pool Closes at 4:30 pm
5:00pm-6:00pm	Lap Swim Open Swim	Lap Swim Swim Lessons (Lane 2-3)	Lap Swim Open Swim	Lap Swim Swim Lessons (Lane 2-3)	Lap Swim Open Swim		
6:00pm-7:00pm	Aqua Fit Aqua Fit	Lap Swim	Aqua Fit Aqua Fit	6:00- 7:15 Team Practice POOL CLOSED	Pool Closes at 6:30 pm		
7:00pm-8:30pm	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim			
	Pool Closes at 8:30 pm	Pool Closes at 8:30 pm	Pool Closes at 8:30 pm	Pool Closes at 8:30 pm			

\*\*During the Aqua Fit classes the entire pool is closed to lap swimmers.