



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LAP POOL SCHEDULE

PAULA G. MANSHIP YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<i>Pool Opens at 5:00am</i>	<i>Pool Opens at 5:00am</i>	<i>Pool Opens at 5:00am</i>	<i>Pool Opens at 5:00am</i>	<i>Pool Opens at 5:00am</i>		
5:00am – 8:30am	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	<i>Pool Opens at 7:30am</i>	
8:30am – 9:30am	Lap Swim (4) <i>Aqua Fit (2)</i>	Lap Swim (4) <i>Aqua Fit (2)</i>	Lap Swim (4) <i>Aqua Fit (2)</i>	Lap Swim (4) <i>Aqua Fit (2)</i>	Lap Swim (4) <i>Aqua Fit (2)</i>	Lap Swim (4) Open Swim (2)	
9:30am – 10:00am	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	
10:00am – 11:00am	Lap Swim (4) <i>Aqua Fit (2)</i>	Lap Swim (4) Open Swim (2)	Lap Swim (4) <i>Aqua Fit (2)</i>	Lap Swim (4) Open Swim (2)	Lap Swim (4) <i>Aqua Fit (2)</i>	Lap Swim (4) Open Swim (2)	
9:30am – 12:00pm	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	<i>Pool Opens at 12:00pm</i>
12:00pm – 5:30pm	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
5:30pm – 6:30pm	Lap Swim (4) Open Swim (2)	Lap Swim (4) <i>Aqua Fit (2)</i>	Lap Swim (4) Open Swim (2)	Lap Swim (4) <i>Aqua Fit (2)</i>	Lap Swim (4) Open Swim (2)	<i>Pool Closes at 5:30pm</i>	<i>Pool Closes at 5:30pm</i>
6:30pm – 8:30pm	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)		
	<i>Pool Closes at 8:30pm</i>	<i>Pool Closes at 8:30pm</i>	<i>Pool Closes at 8:30pm</i>	<i>Pool Closes at 8:30pm</i>	<i>Pool Closes at 7:30pm</i>		Updated: 11/21/2016

**Aqua Fit** - A shallow water fitness class which is designed to meet the needs of individuals with varying fitness levels. This class provides cardio respiratory, muscular strength and flexibility training through the properties of water and resistance equipment.

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