



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## LIFE CENTER YMCA - POOL SCHEDULE May 2025

### MONDAY

Time	Lane 1	Lane 2	Lane 3	Shallow Swim	Deep Swim
5:00AM-8:15AM	Lap Swim			Open Swim	
8:15AM-10:00AM	Lap Swim			GroupEx Class	
10:00AM-7:30PM	Lap Swim			Open Swim	

### TUESDAY

Time	Lane 1	Lane 2	Lane 3	Shallow Swim	Deep Swim
5:00AM-9:15AM	Lap Swim			Open Swim	
9:15AM-10:00AM	Lap Swim			GroupEx Class	
10:00AM-6:15PM	Lap Swim			Open Swim	
6:15PM-7:00PM	Lap Swim			GroupEx Class	
7:00PM-7:30PM	Lap Swim			Open Swim	

### WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Shallow Swim	Deep Swim
5:00AM-8:15AM	Lap Swim			Open Swim	
8:15AM-10:00AM	Lap Swim			GroupEx Class	
10:00AM-6:15PM	Lap Swim			Open Swim	
6:15PM-7:00PM	Lap Swim			GroupEx Class	
7:00PM-7:30PM	Lap Swim			Open Swim	

### THURSDAY

Time	Lane 1	Lane 2	Lane 3	Shallow Swim	Deep Swim
5:00AM-9:15AM	Lap Swim			Open Swim	
9:15AM-10:00AM	Lap Swim			GroupEx Class	
10:00AM-6:15PM	Lap Swim			Open Swim	
6:15PM-7:00PM	Lap Swim			GroupEx Class	
7:00PM-7:30PM	Lap Swim			Open Swim	

### FRIDAY

Time	Lane 1	Lane 2	Lane 3	Shallow Swim	Deep Swim
5:00AM-9:15AM	Lap Swim			Open Swim	
9:15AM-10:00AM	Lap Swim			GroupEx Class	
10:00AM-7:30PM	Lap Swim			Open Swim	

### SATURDAY

Time	Lane 1	Lane 2	Lane 3	Shallow Swim	Deep Swim
8:00AM-9:15AM	Lap Swim			Open Swim	
9:15AM-10:00AM	Lap Swim			GroupEx Class	
10:00AM-5:30PM	Lap Swim			Open Swim	

### SUNDAY

Time	Lane 1	Lane 2	Lane 3	Shallow Swim	Deep Swim
1:00PM-5:30PM	Lap Swim			Open Swim	