



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## LIFE CENTER YMCA - POOL SCHEDULE

### June 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	
11:00AM-1:30PM	Lap Swim			Swim Lessons	
10:00AM-5:30PM	Lap Swim			Open Swim	

#### SUNDAY

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